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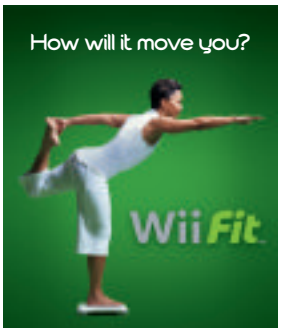


Recognizing past mistakes

Rash of apologies cropping up on government agenda

Ursula Miller expects no apologies after surviving the ship of the damned without any help from the land she now calls home.

"We were just refused entrance," the 86-year-old Jewish woman recalled from her home in Toronto. Miller was one of 907 passengers aboard the Jewish refugee ship St. Louis, which fled Nazi Germany in 1939 and was turned away from nation after nation — including Canada — in a shameful event that epitomizes the anti-Semitic immigration policies of the era.

Miller was lucky enough to eventually find sanctuary in England, and immigrated to Canada in 1948, but about a third of her fellow passengers became victims of the Holocaust.

The federal government has now set aside money for an educational program and monument to commemorate the dark chapter in Canadian history.

The government is not expected to formally apologize for the incident, but Miller doesn't think that matters much. "Really and truly, I don't care because, really, an apology is not going to do anything, help anything," she said.

Her words of resignation come at a time when apologies for — or at least acknowledgement of — historical wrongs abound on Parliament Hill.

Last Thursday, the House of Commons unanimously passed a private member's motion from Liberal MP Ruby Dhalla asking the government to apologize for denying entry to 376 Indian immigrants aboard the streamliner Komagata Maru in 1914.

The government is expected to fast-track and pass a private member's bill introduced by Manitoba Tory MP James Bezan that would recognize the 1930s famine in Ukraine as genocide — in time for Ukrainian President Viktor Yushchenko's visit to Canada next week. The government also recently announced a $10-million grant in recognition of Ukrainian and other Eastern European immigrants interned in Canadian work camps during World War I.

No one will come out and say these initiatives are a way for the federal Tories to reach out to the ethnic vote, even though Jason Kenney, who was brought into the federal cabinet to help engage multicultural communities, is handling the historical recognition programs.

TORSTAR NEWS SERVICE

government apologies

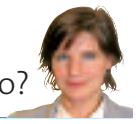
» Indian Affairs Minister Chuck Strahl announced last week the government will issue its long-awaited official apology to former students of native residential schools on June 11. The federal government apologized in June 2006 for the head tax imposed on Chinese immigrants from 1885 to 1923.

» celeb buzz p.22

hitched
Ashlee, Pete tie the knot

» ottawa p.4

Is chivalry dead on OC Transpo?

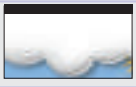


» your health inside

Don't let allergies affect fitness

» workology p.13

Canada's brightest scientists



High 15°
Low 4°
WEATHER P. 21

JAMES MACLENNAN/FOR METRO OTTAWA

Drawing a crowd

Abbamania! performs yesterday at the close of the Canadian Tulip Festival at the Mirror Tent in Major's Hill Park. The festival was forced to add three weekend performances, including yesterday's, by the group to accommodate a huge demand for tickets as the act became one of the hits of the festival's entertainment schedule. Story, page 3.

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ottawa

An 'army of chrome and leather' will make a police-escorted tour of the capital on Saturday as part of The Ottawa Motorcycle Ride for Dad – an event designed to urge men to get checked for prostate cancer. For details, visit *motorcyclerideforfordad.org* online. SOURCE: MOTORCYCLERIDEFORDAD.ORG

Tulip fest ends on high note

Organizers betting event's economic impact has doubled

By **TRACEY TONG**
Metro Ottawa

Despite showers, a busy weekend rounded off one of the most successful Canadian Tulip Festivals ever.

At the festival's close yesterday, thousands of people packed the Mirror Tent at Major's Hill Park to take in two Abbamania concerts, checked out the tulips at Commissioner's Park and wandered through the International Pavilion, which featured Russia Day.

Although final numbers aren't in, organizers estimated that hundreds of thousands of people attended over 18 days, said festival spokesman Doug Little.

"Just Saturday at the International Pavilion, we had 16,500 people and on Sunday, with the rain holding off, we had 26,800 people," he said. "And the crowds at Commissioner's Park were just massive."

A 2003 Ottawa Tourism study pegged the local economic impact of the festival at $40 million. With another survey year scheduled in 2009, and with hotels declaring themselves packed in 2008, Little said, "I'm convinced it's going to be double that."

going global

» In its second year, the International Pavilion featured 25 countries and saw a turnout of about 300,000.

The festival that had its seed in an annual gift of tulip bulbs by the Netherlands to the city of Ottawa for its kindness in sheltering the Dutch royal family in wartime has grown truly international.

Ida Patricia de Sa, a visitor from Brazil, in particular enjoyed the International Pavilion. "It's interesting to see all the countries in the same place," she said.

Montreal's Dave Dumouchel admitted that he didn't know the festival was on until he wandered in to Major's Hill Park.

"It's pretty cool," he said, adding that he'd heard there were some black tulips before wandering off to find them.

The weather might have arrested an even larger finale to the festival, Little admitted.

"The threatening weather we had this weekend may have stopped even more people from coming out," he said. "But we had a tremendous run with the International Pavilion and the tulips and the Mirror Tent.

Little said organizers hope to bring the venue back for 2009.

– tracey.tong@metronews.ca

JAMES MACLENNAN/FOR METRO OTTAWA

After more than two weeks of events in the capital, the Canadian Tulip Festival came to a close yesterday.

Two more arrested in drug blitz

By **TRACEY TONG**
Metro Ottawa

A search of what Ottawa police called "one of the most problematic addresses" in Vanier on the weekend led to two arrests and capped a months'-long blitz against street-level drug trafficking.

The search on a warrant of the Emond Street residence in Vanier resulted in two residents of the apartment being arrested and charged. Michael Laurin, 21, and Jamie-Lee Frizell, 31, are charged with trafficking crack cocaine and possession of proceeds of crime, among other offences.

Over the last two months, police have seized approximately 92 grams of crack cocaine with a street value of $18,400, 100 grams of hash with a street value of $2,000 and $6,000 in cash during the investigation, and have charged 21 people in the area with 39 counts of trafficking, 30 counts of proceeds of crime and other offences.

Victoria Day seen as family time

By **TRACEY TONG**
Metro Ottawa

It is a celebration of Queen Victoria and the current reigning sovereign, but ask many Ottawans about the meaning of Victoria Day, and that's not the answer you're going to get.

"It's just a day to hang out with the family and do some gardening," said Ottawa resident Danita Midena, who attended the Victoria Day Festival at Queen Juliana Park with her husband and their two children, Luca and Sasha, yesterday.

> « *(The Victoria Day fest) is about getting family, people together to celebrate.* »
>
> Co-ordinator Gregory Smith

The rain kept the family inside in the morning, but they ventured out to the park to enjoy the midway rides in the afternoon.

While many perceive yesterday's holiday purely as a family day, the weekend is also an unofficial kickoff to summer, said Jason Latimer.

"Whatever the weather's like at this time, it's still a sign that summer's here," he said. "People take the time to go away, go camping."

The first annual Victoria Day Festival at the park, hosted by the Italian-Canadian Community Centre in Ottawa, focused on family-friendly activities, said festival co-ordinator Gregory Smith.

Thousands of people attended the festival at the park over four days. The festival featured dozens of local musical and entertainment acts and a midway.

"Before this, there was nothing for families here on Victoria Day," said Smith. "This is about getting family, people together to celebrate."

– tracey.tong@metronews.ca

Ottawa's long weekend short on collisions

» There were a record number of fatalities in Ontario over the long weekend, but the highways around Ottawa were quiet by comparison.

According to OPP Constable Guy Prevost, with the Ottawa detachment, there were only four traffic collisions on highways within the Ottawa traffic area between Friday afternoon and Sunday afternoon.

Over the weekend, OPP stopped over 1,000 cars to conduct RIDE and Seatbelt checks. Prevost said POLICE handed out nine 12-hour suspensions and caught six impaired drivers. One driver and two passengers were not wearing a seatbelt. Another one was caught with open liquor and another with a suspended license. "Overall drivers in Ottawa were pretty well behaved," he said.

Although no statistics were available from paramedics, Acting Paramedic Team Leader Ryan Soucy said the long weekend did not seem busier than other weekends.

TIM WIECLAWSKI/METRO OTTAWA

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Scrap yard blaze destroys vehicles

Fire contained, cause investigated

A fire demolished five abandoned vehicles at Palmer Recycling Limited in the city's south end on the weekend.

At 12:44 p.m. Sunday, city police and the fire department responded to 3191 Albion Road, where a fire had engulfed a number of abandoned vehicles on the lot.

The fire department had 10 vehicles and 26 firefighters present, but the blaze appeared worse than it really was, said Ottawa Fire Chief Jim Corrigan, noting that the fire department attends scrap yards for fires several times a year.

"There can be different reasons for a fire in a scrap yard," said Corrigan. "There are a lot of flammable liquids there."

The fire resulted in damage to about five scrapped vehicles, Corrigan said. There were no injuries. The cause of the fire is under investigation. TRACEY TONG/METRO OTTAWA

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Bus chivalry dead?

Elderly, infirm or pregnant: Some ignore them all

ON TRACK
NADINE DOOLITTLE
nadine.doolittle@metronews.ca

Chivalry is as dead as a doornail. And nowhere is it more apparent than on an OC Transpo bus writes On Track reader, Christopher Ivany.

In an e-mail, Ivany reports "... you would be hard pressed to find a single 'young person' who's willing to give up their seat to an elderly individual or a pregnant woman or someone with special needs."

Just to be clear: Designated seats must be relinquished to the passengers they have been designated to. This isn't chivalry – this is mandatory and a bit of a no-brainer, in my opinion. Who can relax while someone's grandmother is struggling to keep her balance holding on to the pole? Give her your seat and stop embarrassing your mother already.

No, the real scene of the crime is beyond the designated seating area, in the middle and the back of the bus where the rules get a little murkier and we have to rely on innate civility to survive. In public transit, this is where chivalry was bumped off.

In my completely unscientific investigation into the death of chivalry, I've expanded the culprits beyond just youth, however. I've narrowed the field to three: the youth, the harassed commuter, and the crank.

The youth claims to have no knowledge of chivalry's demise, being hard-wired to a cell phone at the time. When pressed for answers, Youth declared, "I didn't even know the dude." Chivalry's mourners can take comfort: He's only going to get older.

Harassed commuter admitted to seeing the older woman weighted down with the shopping bags, but said he couldn't give up his seat — world peace depended on it. He broke down later under questioning however, saying that he acted in self-defence since he'd had a brute of a day, and why do these retired seniors always pick rush hour to come home with their shopping anyway?

The crank openly admitted his part in chivalry's demise. "Sure, I did it and I'm not sorry. Some of those so-called pregnant women are stronger than I am." Tough to argue with that logic, that's why he's dubbed the crank.

Chivalry, by definition, means 'courteous behaviour.' Giving up one's seat on the bus to someone who needs it more won't necessarily bring chivalry back to life.

But for the space of those few minutes, at least it'll have a pulse.

Nadine Doolittle is an award-winning writer and a dedicated public transit user for the past 35 years in Vancouver, Toronto, Montreal and now Ottawa. Needless to say, she's saved the best for last.

Carrying a tune for 24 hours

Woman attempts to whistle her way into record books

By TIM WIECLAWSKI
Metro Ottawa

CONTRIBUTED

Ottawa's Jennifer Davies attempted to set a Guinness World Record by whistling for 24 hours, from 5 p.m. on Sunday evening until 5 p.m. yesterday.

Whistling comes naturally to Jennifer Davies — she does it at home, and sometimes around the office.

But yesterday, the 34-year-old capped 24 hours of whistling, in an attempt at a world record.

Between 5 p.m. Sunday evening and 5 p.m. yesterday, Davies sat in the street-level window at 1 Stewart Street in front of official witnesses, two video cameras and a large clock, quietly whistling her tunes.

"I'm not as sore as I thought I would be. I'm pretty tired but totally content," she said afterwards. "Right now there's a big piece of cheesecake with my name on it. Then I'll probably just go home and sleep."

In order to ensure legitimacy, two video cameras recorded everything, and a pair of witnesses changed up every four hours to watch her. She was permitted a five-minute break every 90 minutes, between songs.

Neree St-Amand, a professor in social work at the University of Ottawa, kept a log of the time she spent whistling. St-Amand said the schedule must be rigid, because if a 30-second break took even a second too long, the whole endeavor would be lost.

St-Amand said all the paper work and the video tapes will be sent to Guinness World Records for review. It could be months before they learn if Davies' attempt is certified a record.

Davies said when the whistling record idea first came to her, she assumed there were thousands of existing world records.

"Every other person can whistle, but when I looked for any records … not a single record had been set for whistling," she said.

-tim.wieclawski@metronews.ca

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Peter Phillips became the first of Queen Elizabeth's grandchildren to wed, marrying his Canadian bride Autumn Kelly, left, on Saturday in drizzly weather at a chapel at the queen's Windsor Castle residence near London. Phillips and Kelly met in 2003 at the Montreal Grand Prix. REUTERS

Conflicts mar celebrations

Events marking 400th anniversary of Quebec City

revenue boost?

» The city continues to project that the celebrations will boost the annual tourism revenues by at least 5 per cent.
» The summer schedule begins in earnest on June 3, the high point is expected to be a series of concerts and events on July 3, 400 years to the day from Samuel de Champlain's landing.

Dark clouds seem to be permanently stationed over Quebec City's 400th anniversary celebrations.

The year-long event began with an internationally televised fiasco, and has pretty much slid downhill from there, generating headlines because of organizational failings and the various political controversies it has prompted.

While $5 million has thus far been spent on promoting the celebrations overseas and in the United States, with only marginal returns to date, only about $500,000 has been splashed out on promoting the event in Quebec.

And according to a recent analysis by a Montreal-based media monitoring firm, the myriad difficulties plaguing the event have drawn more attention than the celebrations themselves.

The event was thrown into disarray after original organizing committee chair was summarily ousted following the Dec. 31 opening ceremony, broadly considered to be a catastrophe.

TORSTAR NEWS SERVICE

Anger grows at Finley

Tory MP under fire from constituents

For tobacco growers in southwestern Ontario, hope has turned to despair. Banks are foreclosing, marriages are dissolving and some growers have even taken their lives.

In Caledonia, a native land dispute has made properties virtually worthless. Residents complain that are two sets of laws — one for natives and one for the residents.

What the tobacco farmers and the Caledonia residents have in common is anger, much of it directed toward the MP for their Haldimand-Norfolk riding — Conservative Diane Finley.

Caledonia residents feel Finley has abandoned them, while tobacco growers accuse her of failing to live up to her many promises to bring in an aid package that would allow them to turn to other crops or another way of life.

When Finley first entered politics she often accused the then Liberal government of over-promising and under-delivering.

Once the pride of southwestern Ontario, tobacco farming is on its last legs having declined in the past five years far more quickly than anyone expected, in part because of cheap imports, successful government anti-smoking strategies and widespread contraband cigarettes. Since 1998, the size of the tobacco crop has fallen by more than 86 per cent.

Production that topped 285 million pounds of tobacco in 1983 will fall to less than 20 million pounds this year. Of 1,559 quota holders in Ontario, only 600 (most of them in Norfolk County) are active, half what the figure was in 1991.

TORSTAR NEWS SERVICE

Bareback riding **Eight-seconds wins it**

RAFE ARNOTT/METRO VANCOUVER

Bobby Mote holds on for a full eight seconds to win Bareback Riding at the Cloverdale Rodeo and Country Fair, the annual event held in Cloverdale, B.C., 40 minutes east of Vancouver. The Oregon native claimed $20,500 — the biggest cash purse in Canadian rodeo history.

environment

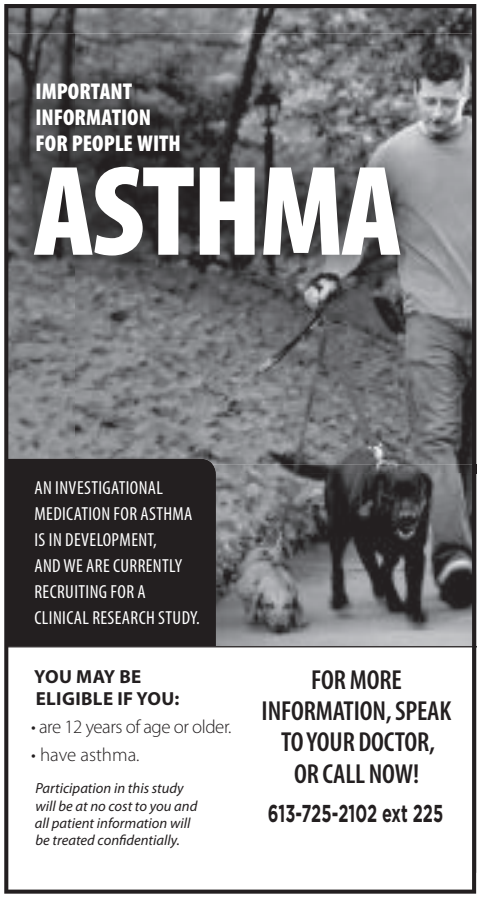
Quebec river nation's dirtiest

INDEX Locals in central Quebec are all too aware of the Yamaska River's dubious distinction: according to the federal government, it's the filthiest river in Canada.

Environment Canada's 2007 Canadian Environmental Sustainability Index, which rated 395 rivers and waterways across the country, gave the Yamaska an anemic 27.1 out of a possible 100 points. The next worst river is also in Quebec. The Bayonne rated a paltry 27.6.

Biologists say the main culprits are phosphorous, ammonia and nitrates — the results of pesticide and fertilizer runoff and the animal waste from the area's intensive and industrial-scale agriculture.

TORSTAR NEWS SERVICE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Fishermen end blockade

Cape Breton lobster fishermen ended their blockade of Inverness Harbour Sunday, after trapping in several New Brunswick fishing boats.

The blockade started late last week as an act of protest to the federal government to allow the fishermen a share of the lucrative crab quota, as they currently face rising fuel costs and poor lobster catches.

"We're trying to take the high road on this," said fisherman Lawrence MacLellan. "We're going to take the blockade down and New Brunswick boats are free to fish. ... Hopefully in the future we can fish alongside them."

MacLellan said the New Brunswick fishermen were supportive of the blockade. He estimates New Brunswick vessels take 500,000 pounds of crab from nearby areas. The Harbours of Inverness, Mabou, Port Hood and Judique do not have a crab allocation. Yesterday the Inverness fishermen were scheduled to meet with the Department of Fisheries and Oceans area manager Helen Kerr. Kerr could not be reached for comment yesterday.

METRO NEWS SERVICE — WITH FILES FROM THE CAPE BRETON POST

world

With no age limit on drinking, a no-alcohol beer brewed especially for dogs has proved a hit for an Australian pet shop. Brewer Elise Schumacher says it "tastes like beef and smells like beer." A bottle of Dog Brew sells for $4.76 US per bottle. REUTERS

Myanmar allows ASEAN aid workers

Cyclone-stricken Myanmar will accept medical workers from Southeast Asian countries to help with the relief effort and is ready to accept international aid agencies, the Association of Southeast Asian Nations said yesterday.

case by case

» Aid workers from non-ASEAN countries will be granted entry to Myanmar on a case-by-case basis.

"Myanmar will accept international assistance," Singapore Foreign Minister George Yeo told a news conference after a meeting of the bloc in the city-state. He said that Myanmar had agreed to accept teams from all ASEAN countries.

"We will establish a mechanism so that aid from all over the world can flow," he said. REUTERS

S. African violence rages on

Mobs armed with knives, clubs and jugs of petrol torched shacks and beat migrant workers yesterday in escalating anti-foreigner violence in Johannesburg squatter camps.

The unrest has killed at least 22 people since last week and increased political instability at a time of electricity shortages, rising inflation and disaffection among the poor over President Thabo Mbeki's pro-business policies.

The attacks started in Alexandria township last week, but have spread into the central business district in South Africa's biggest city, and hit townships in the east of the city yesterday. REUTERS

Panic grips region

Chinese pour into streets as second quake predicted

Tens of thousands of panicked residents rushed into the streets of Chengdu in southwest China early this morning, alarmed by a television report that predicted another powerful earthquake would hit the region.

The pandemonium triggered by the TV report showed how far people's nerves have been stretched by the May 12 earthquake and aftershocks which have killed more than 34,000 people and injured 245,000.

Cars jammed roads leading out of Sichuan's provincial capital of Chengdu and people carrying bedding headed for open ground after hearing that another earthquake of 8-magnitude would shake the ravaged province overnight.

"They quoted a government department, so everyone's heading for clear space. I'd be careful if I were you," called a young man surnamed Huang.

Xinhua news agency reported a magnitude 5.0 aftershock hit Pingwu County early today, causing buildings to creak in Chengdu, about 150 km from the tremor's epicentre.

The number of dead from last week's quake could rise dramatically as the Communist Party chief in Sichuan said nearly 30,000 were missing. A further 5,000 are believed still buried under rubble.

Most of the dead from the 7.9-magnitude earthquake were in mountainous areas north and west of Chengdu. REUTERS

ALY SONG/REUTERS

Residents observe a three-minute moment of silence at 2.28pm local time yesterday, exactly one week after an earthquake hit the town of Pingtong, China.

»news In Brief

» **ZIMBABWE** The country's opposition accused military intelligence agents yesterday of a plot to kill party leader Morgan Tsvangirai that it said forced him to postpone his return to the country over the weekend. The government of President Robert Mugabe, who will face Tsvangirai in a run-off election on June 27, said the allegation was a media stunt.

» **TIBET** Standing before the Brandenburg Gate that straddled Germany's East-West border, the Dalai Lama hailed the fall of the Berlin Wall as a symbol of peaceful protest in an address to some 20,000 supporters which strove to reassure China he was not seeking Tibetan independence. REUTERS

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business

Oil
$127.05US
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Members of the Canadian Auto Workers union have ratified three-year contracts with GM and Chrysler, with approval rates of 84 per cent and 87 per cent respectively. TORSTAR NEWS SERVICE

BCE buyout in trouble: Source

Banks reportedly submit 'onerous' new conditions

The $34.8-billion buyout of BCE Inc. has become more questionable as the banks funding the deal have sought to renegotiate the financing terms, a source familiar with the situation said yesterday.

The banks behind the buy-out of BCE, Canada's largest telecommunications company and operator of Bell Canada, submitted new financing terms to the buyout group Friday, the source said.

The new set of terms contained higher interest rates and other "onerous" conditions, the source said.

The New York Times said the new terms submitted by the banks included higher interest rates, tighter loan restrictions and protections that far exceeded the original terms. The buyout group and the banks negotiated all weekend, according to the report. REUTERS

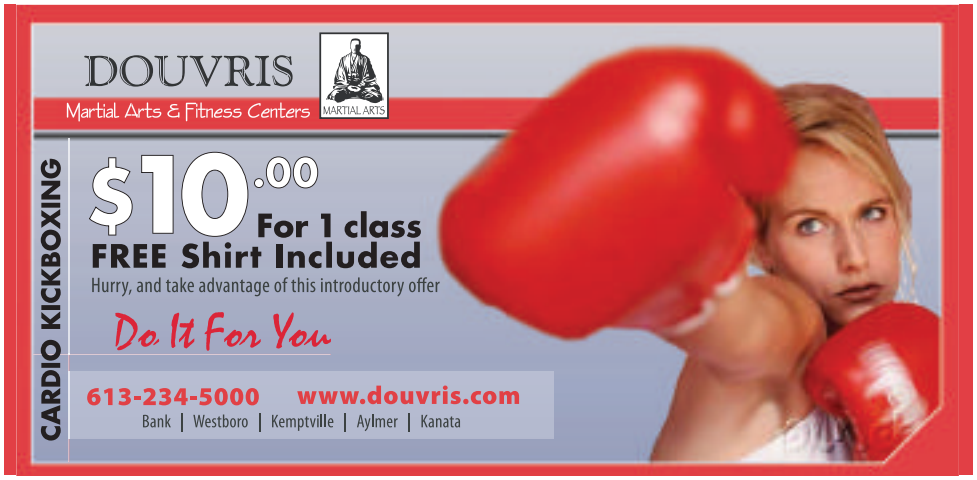
»news In Brief

» **YAHOO** Microsoft Corp. has proposed to buy Yahoo Inc.'s search business and take a minority stake in the web pioneer, stopping short of a full-out merger, a person familiar with the discussions said yesterday.

» **U.S.** Construction starts on new U.S. homes rose by a surprisingly strong 8.2 per cent in April and applications for new building permits turned up for the first time in five months, the Commerce Department said on Friday.

» **AUTOS** Nissan Motor Co., NEC Corp. and NEC Tokin Corp. said yesterday their battery venture would invest $115 million US over three years to manufacture lithium-ion batteries starting next year for use in next-generation green vehicles.

» **STAPLES** U.S. office supplies retailer Staples Inc. launched a hostile $2.34 billion US bid yesterday for Corporate Express NV, because the Dutch office supplier was unwilling to negotiate. REUTERS



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sales: 613-236-5058
editorial:ottawaletters
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• **Interactive Director** Jodi Brown
• **Marketing Manager** Ian Clark
• **Distribution Manager** Bernie Horton
• **Distribution inquiries** ottawa_distribution@metronews.ca
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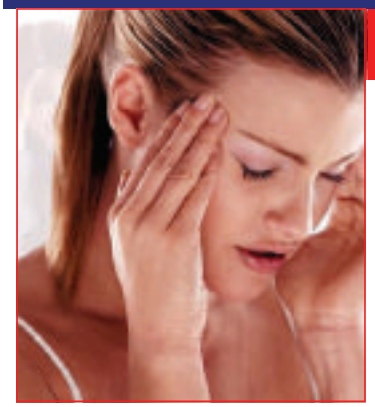
Are You Sick and Tired Of Being Sick and Tired?



Volunteers Needed

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- Some types of cancer, such as breast cancer, Hodgkin's disease, lymphoma

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- Undergo a full chiropractic evaluation.
- Make a follow-up appointment to review the results of the evaluation and receive their Vitality Wellness Index™

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- Margaret V. Ames, PhD, US Department of Health and Human Services, Bethesda, Maryland
- Janet C Blanks, PhD, Prof, Dept of Biomedical Sciences, Florida Atlantic University (FAU)
- Douglas Broadfield, PhD, Prof, Dept of Anthropology, FAU
- James Fallon, PhD, Prof, Dept of Anatomy & Neurobiology, University of California-Irvine, College of Medicine
- Christopher Kent, DC, President, Council on Chiropractic Practice
- Tadashi Matsuhisa, MD, Member, Japanese Orthopedic Surgeon Association
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goinggreen

If you're worried about chlorine in your drinking water, put it in a pitcher and let it stand overnight to allow the chlorine to evaporate.

SOURCE: DAVID SUZUKI FOUNDATION

Don't take water for granted

SCIENCE MATTERS
DAVID SUZUKI & DR. FAISAL MOOLA

Water that comes out of most city taps in Canada is pretty clean. Yet many people prefer to spend money on bottled water. Now we're learning that the stuff in plastic water bottles may be more harmful than anything in our tap water.

Bisphenol A, for example, mimics estrogens (human female hormones) and has been linked to breast and ovarian cancers and childhood developmental problems.

The presence of chemicals isn't the only reason we should try to wean ourselves from the bottle, though. For one thing, bottled water is expensive, costing more than a comparable amount of gasoline.

And from beginning to end, plastic bottles contribute to environmental problems. It takes close to 17 million barrels of oil to produce the 30 billion water bottles that U.S. citizens go through every year. Or, as the National Geographic website illustrates, "Imagine a water bottle filled a quarter of the way up with oil. That's about how much oil was needed to produce the bottle."

water markup

» Many bottlers simply take your tap water and sell it back to you at a markup that can be as high as 3,000 times the price you pay for it through your taxes.
» Pepsi filters and bottles water from municipal sources in Vancouver and Mississauga, Ont.
» Coca Cola's Dasani water comes from Calgary and Brampton, Ont.

It also takes more water to produce a bottle than the bottle itself will hold. Canadians consume more than 2 billion litres of bottled water a year and, globally, we consume about 190 billion litres a year. Unfortunately, most of those bottles — more than 85 per cent, in fact — get tossed into the trash rather than the recycling bin.

There's also a danger that governments may use the growing reliance on bottled water as an excuse to avoid their responsibility to ensure we have access to safe drinking water. The federal government must address any existing concerns about drinking-water quality with enforceable standards designed to protect human health.

Water is a precious resource that belongs to all of us. Let's not take it for granted. And let's not put it in plastic.

Take David Suzuki's Nature Challenge and learn more at *www.davidsuzuki.org*.

Dr. David T. Suzuki is an award-winning scientist, environmentalist and broadcaster. He is the co-founder of the David Suzuki Foundation in Vancouver where he lives with his wife and two daughters.

Map brings climate change crisis to life

A new animated map of the Earth from space illustrates the potential impact of climate change over the next century and can be viewed on your computer.

The project, Climate Change In Our World, is the result of co-operation between web search engine Google, Britain's environment ministry and the country's Met Office.

Based on Google Earth, which uses NASA satellite images, viewers can run a time lapse series to watch the Earth warm under medium case scenarios up to 2100 either from a planetary perspective or zeroing in on countries and even cities.

temperatures rise

» The Google map shows the world heating as the years advance, with some of the greatest temperature increases at the ice-bound poles, where vast areas turn red indicating rises well into double digits.

"This project shows people the reality of climate change using estimates of both the change in the average temperature where they live, and the impact it will have on people's lives all over the world," said environment secretary Hilary Benn.

REUTERS

»news In Brief

» **BIRDS** One in eight of the world's birds are at risk of extinction as climate change puts birds under great pressure, a leading conservation group warned yesterday. The population of rare birds such as the Floreana mockingbird of the Galapagos Islands or the spoon-billed sandpiper, which breeds in northeastern Russia and winters in south Asia, has declined sharply and they could go extinct, the International Union for Conservation of Nature said in a report. The 2008 Red List For Birds report, published on the first day of a May 19-30 UN conference about biodiversity in Bonn, Germany, said 1,226 species of bird were now threatened. REUTERS

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sports

World No. 1 Tiger Woods, left, plans to play in this year's Buick Open in Michigan beginning June 26, marking his return from left knee surgery he underwent in mid-April. METRO NEWS SERVICES

JESSICA RINALDI/REUTERS

Detroit Red Wings players celebrate their series-clinching win over the Stars last night in Game 6 of their NHL Western Conference finals in Dallas. The Red Wings will play the Pittsburgh Penguins in the Stanley Cup final beginning on Saturday.

Wings soar into Cup final

Detroit wraps up West title with dominating win

RED WINGS 4 STARS 1

Henrik Zetterberg registered a goal and an assist, as Detroit secured a berth in the Stanley Cup final for the first time since capturing the title in 2002 with a 4-1 win over Dallas at American Airlines Center.

Dallas Drake also posted a goal and an assist for the Red Wings, who won the Western Conference finals, 4-2. Chris Osgood stopped 28-of-29 shots to pick up the win.

The Red Wings will be going for their fourth championship since 1997 and 11th overall in the franchise's storied 82-year history.

Stephane Robidas tallied the lone goal for the Stars, while Marty Turco allowed four goals on 29 shots in defeat.

Dallas was on the verge of being swept after Detroit won the first three games of this conference finals series, and became the 13th team out of 153 in NHL history to force a Game 6.

But Detroit closed the series out with a dominating performance, and will battle Pittsburgh, after the Penguins needed only five games to dispatch the Philadelphia Flyers in the Eastern Conference finals.

Games 1 and 2 of the Finals are scheduled for Saturday and Monday in Detroit.

METRO NEWS SERVICES

Pittsburgh pals bloom together

Malone, Fleury show their worth

Ryan Malone and Marc-Andre Fleury broke in with the Pittsburgh Penguins together in 2003.

They're both having breakout playoffs at the same time, too.

Malone

Both are examples of front-office patience and are key parts of the post-season success that has vaulted the Penguins into the Stanley Cup final.

"It's what you play hockey for," said Malone. "I think everyone dreamt about it as a hockey player, to get a chance now to battle for the best prize there is out there.

"It's going to be fun. I think we're all excited to get going."

Malone emerged this season as a solid power forward, recording career highs in goals (27) and points (51). He helped himself with a huge second half, totalling 36 points (18 goals, 18 assists) in his last 40 regular-season games.

He's kept his hot hand going in the playoffs, with six goals and nine assists in 14 games.

Fleury — called Flower by his teammates — blossomed in late winter. He missed 35 games due to a high ankle sprain suffered Dec. 6. But this spring he's 12-2 with a 1.71 GAA and .939 save percentage — and has some looking at him as a Conn Smythe candidate.

"Me and Marc broke into the league together," said Malone. "I think especially this year, we all kind of figured out what it took, how consistent you have to play."

While Fleury is living up to the potential that made him a first-overall pick in 2003, the 27-year-old Malone, by comparison, is a late bloomer who discovered success by planting himself in front of the opposition goalie. That was the reason for his two goals Sunday in the Penguins' 6-0 elimination of Philadelphia. Both were on deflections.

TORSTAR NEWS SERVICE

Bulls help Chiefs slip into Memorial Cup final

Gatineau facing must-win tonight

BULLS 6 OLYMPIQUES 3

The Spokane Chiefs are headed to the Memorial Cup final with the help of the Belleville Bulls last night.

The Bulls' 6-3 win over the Gatineau Olympiques helped the Chiefs clinch top spot and a berth in Sunday's final.

Belleville's forward Shawn Matthias, playing in his third game since returning from a two-month long absence due to illness, tipped in a point shot breaking a late third period 3-3 tie.

Keaton Turkiewicz and Nigel Williams scored later in the period to secure the victory.

With the win, Belleville (1-1), can do no worse than Thursday's tie-breaker game, which would only happen if Gatineau (0-2) beats Spokane tonight and the Bulls lose to Kitchener tomorrow. METRO NEWS SERVICES

IMPORTANT INFORMATION

Starting June 1, 2008, there will be major maintenance work on the rail network in southern Ontario and southern Québec, as well as in eastern Canada.

As a result, significant changes will be made to several VIA Rail train schedules in the coming weeks.

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World No. 6 Andy Roddick has pulled out of next week's French Open because of a problem with his back and shoulder. Roddick has never made it past the third round at Roland Garros and fell in the first round the past two years. REUTERS

Beware the Evil Empire

YORK REPORT
MARTY YORK
marty.york@metronews.ca

If you detest the multi-zillionaire New York Yankees — if you loathe the so-called Evil Empire so much that you are as openly ecstatic as Toronto sportscaster **Mike Wilner** was yesterday on the air, when he unabashedly declared his "love" for the team's miseries and last-place status — well, enjoy the moment.

It may not last long.

The Yanks are a mere 20-24 and coming off an embarrassing Subway Series sweep against their geographic rivals, the New York Mets, and yet they're confident that they're on the verge of resurfacing as a dominant squad.

A few of their reasons:

• They were 20-24 last season before going 74-44 and seizing a post-season berth for the 13th consecutive year.

• Two of their premier players — **Alex Rodriguez** and **Jorge Posada** — should be returning from injuries soon.

• They will resort to wearing gold thongs underneath their pants in the next few games. No joke. First baseman **Jason Giambi** reveals the thongs, with their flame-line waistbands, are worn by him and teammates whenever they're trying to end slumps. "And it works for us every time," he said.

So, um, don't count out the Yankees just yet.

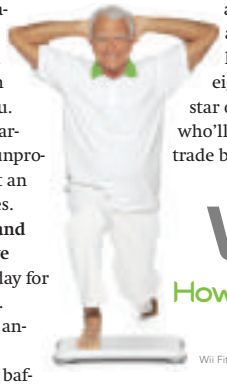
» As poor as the Yanks have been, the Detroit Tigers are considerably worse.

With power hitters such as **Magglio Ordonez** and **Miguel Cabrera**, this team entered the season poised to lead the major leagues in offence and threaten the 1,000-run plateau. Instead, the AL's cellar-dwellers have been unproductive and shut out an MLB-high seven times.

Manager **Jim Leyland** met Tigers chief **Dave Dombrowski** yesterday for some brainstorming.

"I'm totally out of answers," Leyland said. "I've never been this baffled."

» The Boston Red Sox, meanwhile, keep improving. The World Series champions may now be on the verge of acquiring veteran shortstop **Omar Vizquel** from the San Francisco Giants. Vizquel and Boston slugger **Manny Ramirez** are best pals ... Ramirez is closing in on his 500th career home run and A-Rod has taped a congratulatory message for him that will be played at Boston's Fenway Park, which has irked Yankee fans and the club's Baby Boss, **Hank Steinbrenner** ... He might be a bit shaky at times, but consider **B.J. Ryan's** operation (he missed last season because of Tommy John surgery) a success. Ryan gives the Blue Jays as reliable a closer as there is in baseball ... And, according to U.S. insider **Ken Rosenthal**, the Jays are one of eight clubs that could pursue star outfielder **Matt Holliday**, who'll likely be served up soon as trade bait by the Colorado Rockies.



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In three-plus decades as a columnist and broadcaster, Marty York has built a network of solid contacts and a renowned reputation for his hard-hitting, groundbreaking style. The tradition continues in Metro Sports.

Spurs swat Hornets to reach West final

Ginobli seals huge road win at line

SPURS 91 HORNETS 82

Manu Ginobili scored 26 points and hit all six of his free throws in the final minute, as the Spurs moved into the Western Conference final with a 91-82 victory last night over the New Orleans Hornets.

The Spurs, who nearly blew a 14-point fourth-quarter lead, became the only team to win a road game in the semifinal series and the defending NBA champions did it at the perfect time, in the decisive Game 7, denying the Hornets their first trip to the conference finals.

Instead, San Antonio will be on the road to take on the Lakers, starting tomorrow night in Los Angeles.

Tim Duncan contributed 16 points and 14 rebounds for the Spurs, who rallied after losing the first two games and continued their quest for a fifth championship in 10 years. Tony Parker added 17 points and hit a crucial shot in the final minute.

David West, fighting through a back injury, had 20 points and nine rebounds for the Hornets. Jannero Pargo scored 16 of his 18 points in the fourth quarter, and Chris Paul ended with 18 points, eight rebounds and 14 assists in the losing effort. Tyson Chandler scored 13 and pulled down 15 rebounds.

METRO NEWS SERVICES

SEAN GARDNER/REUTERS

San Antonio Spurs guard Manu Ginobili controls the ball next to Hornets swingman Morris Peterson last night in New Orleans.

MLB

BoSox's Lester throws no-hitter

MILESTONE Left-hander Jon Lester pitched the 18th no-hitter in Red Sox history, as Boston beat the Kansas City Royals 7-0 last night at Fenway Park.

Lester, a cancer survivor, struck out nine and issued only two walks while throwing 130 pitches to record the first no-hitter in the major leagues this season.

NFL

Bengals release troubled Thurman

JOBS The Cincinnati Bengals yesterday cut Odell Thurman, a talented but troubled linebacker who had been suspended for the last two seasons for violating the league's substance abuse policy.

METRO NEWS SERVICES

Russians want more gold

Men's hockey team targets Olympics

After ending a 15-year gold medal drought at the world hockey championship on Sunday in Quebec City, the next target on Russia's radar is the 2010 Winter Olympics in Vancouver.

Russia's thrilling 5-4 overtime win over Canada in Sunday's final offered as much relief as excitement in Moscow.

More significantly, it signaled a long-awaited renaissance of Russian hockey and a possible return to the glory days of the Soviet Union when the Big Red Machine ruled supreme over the sport.

"Huge," said Ilya Kovalchuk, describing the win he fashioned by scoring the tying goal late in the third period followed by the game winner 2:14 into overtime.

"It's huge for our preparation for everything, for all the kids we have started building a lot of rinks (for).

"They want to improve the game, they want to win.

"Now they want to practice harder to maybe be one day on the national team."

In the 15 years between world championship titles, Russia had made only one other appearance in the final, losing to Slovakia in 2002.

While there is still much work to be done, Russian hockey finally appears to be back on track.

REUTERS

CHRISTINNE MUSCHI/REUTERS

Russia's Alexander Radulov kisses the trophy as his teammates celebrate their overtime win over Canada in the gold-medal game at the IIHF World Championships on Sunday.

SCOREBOARD

NHL

CONFERENCE FINALS
EASTERN CONFERENCE
PHILADELPHIA VS. PITTSBURGH
Game 5 — Sunday
Pittsburgh 6 Philadelphia 0
(Pittsburgh wins series 4-1)
WESTERN CONFERENCE
DALLAS VS. DETROIT
Game 6 — Last night
Detroit 4 Dallas 1
(Detroit wins series 4-2)

NBA

CONFERENCE SEMIFINALS
EASTERN CONFERENCE
BOSTON VS. CLEVELAND
Game 7 — Sunday
Boston 97 Cleveland 92
(Boston wins series 4-3)
DETROIT VS. ORLANDO
(Detroit wins series 4-1)
WESTERN CONFERENCE
L.A. LAKERS VS. UTAH
(L.A. Lakers win series 4-2)
NEW ORLEANS VS. SAN ANTONIO
Game 7 — Last night
San Antonio 91 New Orleans 82
(San Antonio wins series 4-3)
CONFERENCE FINALS
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 1 — Tonight
Detroit at Boston, 8:30
Game 2 — Thursday
Detroit at Boston, 8:30
Game 3 — Saturday
Boston at Detroit, 8:30
Game 4 — Monday, May 26
Boston at Detroit, 8:30
*Game 5 — Wednesday, May 28
Detroit at Boston, 8:30
*Game 6 — Friday, May 30
Boston at Detroit, 8:30
*Game 7 — Sunday, June 1
Detroit at Boston, 8:30
WESTERN CONFERENCE
L.A. LAKERS VS. NEW ORLEANS-SAN ANTONIO WINNER
Game 1 — Tomorrow
San Antonio at L.A. Lakers, 9
Game 2 — Friday
San Antonio at L.A. Lakers, 9
Game 3 — Sunday
L.A. Lakers at San Antonio, 8:30
Game 4 — Tuesday, May 27
L.A. Lakers at San Antonio, 9
*Game 5 — Thursday, May 29
San Antonio at L.A. Lakers, 9
*Game 6 — Saturday, May 31
L.A. Lakers at San Antonio, 8:30
*Game 7 — Monday, June 2
San Antonio at L.A. Lakers, 9
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 7 Kansas City 0
Texas at Minnesota
Tampa Bay at Oakland
NATIONAL LEAGUE
Washington 4 Philadelphia 0
Chicago Cubs 7 Houston 2
San Francisco at Colorado
St. Louis at San Diego
Cincinnati at L.A. Dodgers
TODAY'S GAMES
AMERICAN LEAGUE
Seattle at Detroit, 7:05
Kansas City at Boston, 7:05
Baltimore at N.Y. Yankees, 7:05
L.A. Angels at Toronto, 7:07
Texas at Minnesota, 8:10
Cleveland at Chicago W. Sox, 8:11
Tampa Bay at Oakland, 10:05
NATIONAL LEAGUE
N.Y. Mets at Atlanta, 1:05 (Gm 1)
Milwaukee at Pittsburgh, 7:05
N.Y. Mets at Atlanta, 7:10 (Gm 2)
Arizona at Florida, 7:10
Philadelphia at Washington, 7:10
Chicago Cubs at Houston, 8:05
San Francisco at Colorado, 8:35
St. Louis at San Diego, 10:05
Cincinnati at L.A. Dodgers, 10:10

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER:
ROUND-ROBIN
Last night
Belleville 6 **GATINEAU** 3
Tonight
Spokane vs. **GATINEAU**, 7

LOTTERIES

Friday, May 16, 2008
Lotto Super 7 10, 14, 15, 34, 40, 43 & 45. Bonus 28.
Ontario Pick 3 4 8 8
Ontario Pick 4 8 6 5 9
Encore 5181783
Daily Keno 1, 7, 11, 12, 15, 16, 21, 26, 28, 31, 32, 39, 43, 51, 53, 54, 56, 58, 63, 66.
Saturday, May 17, 2008
Lotto 6/49 5, 21, 35, 38, 47 & 48. Bonus 45.
Ontario 49 4, 7, 14, 21, 34 & 49. Bonus 18.
Lottario 2, 4, 6, 24, 28 & 40. Bonus 5.
Early bird 2, 12, 25 & 44.
Ontario Pick 3 9 3 6
Ontario Pick 4 3 3 1 9
Encore 0773619
Daily Keno 7, 11, 15, 16, 18, 24, 25, 31, 33, 37, 38, 41, 42, 45, 48, 54, 56, 58, 68, 69.
Sunday, May 18, 2008
Ontario Pick 3 3 1 0
Ontario Pick 4 6 3 5 3
Encore 4479772
Daily Keno 1, 2, 4, 9, 10, 17, 18, 19, 25, 26, 29, 37, 39, 43, 45, 51, 54, 55, 60, 68.
Monday, May 19, 2008
Ontario Pick 3 9 6 5
Ontario Pick 4 9 6 3 8
Encore 6440056
Daily Keno 1, 2, 3, 11, 12, 18, 21, 22, 31, 37, 38, 43, 45, 46, 55, 59, 64, 67, 68, 70.
Results not official

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Q My husband and I are trying to plan a summer getaway but after looking at our finances, we're wondering if we can even afford it. Do you have any suggestions for getting away for less? — SARAH S.

A As summer approaches, more and more of our readers are expressing similar concerns. But even if a vacation seems out of reach this year, there is a way to get away.

Who said travel had to involve leaving your city? In every town, there are tons of attractions which locals never visit or may not even know about.

Here are a few tips on being a tourist in your own town, Smart-Cookie style.

First things first. As a tourist, you'll need to research as to what your hometown has to offer. Hit your computer and look up your city's visitor center's Web site. Also, check out sites such as *tripadvisor.com* to find out what tourists are visiting in your city and when.

Most metropolitan cities throughout Canada offer cultural neighborhoods and districts, as well as theatre and entertainment districts. Try experiencing a new ethnic cuisine, or hit a local theatre. One of our favorites is our locale Chinese night market where you can find anything from cheap knockoff purses to the latest kitchen gadget. And for last minute theatre and entertainment tickets for up to 50 per cent off, check out *www.ticketstonight.ca*.

Think that hotels are only for out of town guests? Think again. Getting away from your regular surroundings and staying in a hotel for a night could be exactly what the doctor ordered.

Many hotels offer discounts to locals – all you have to do is ask! And if you have the flexibility to stay at a hotel mid-week, rather than the weekend, or even in the off-season, prices can be even better.

To truly experience the city and to help save the planet, leave your car at home and travel like a tourist. Most major cities offer transit systems or special tourist buses which can get you to all the major attractions. And with the price of gas these days, you'll save money as well. The key is having fun without spending a fortune.

The Smart Cookies show you their way to financial freedom. Tune in Wednesday night at 9 p.m. EST/PST on the W Network. Be sure to visit *smartcookies.com* to get new money tips and sign up for our newsletter.

Mike Beard
Mike Beard is Metro Ottawa's Senior Account Manager in Ottawa, with 25 years of advertising and media experience in Ottawa.
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New condo owner finds herself caught in credit crunch

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

Q Last December, I purchased a condo, but I didn't anticipate all the costs of homeownership and used some other sources to close and finance.

In addition to my mortgage, I have three credit cards, two department store cards, and a line of credit. Which should I pay down first – the biggest loans, the mortgage or the other loans? — anna

A Borrowers should pay down debts that carry the highest interest rates such as department store and credit cards. If you receive a "Congratulations, we are increasing your credit limit" notice from your department store or credit card company, decline the increase.

Consolidate your debts by increasing lower-interest LOCs and pay off the cards. Then dispose of some cards, and keep no more than the number of hands – not fingers – you have.

More than 60 per cent of Canadians own their own home; it's a worthwhile aspiration.

But many first-time buyers underestimate closing and monthly carrying costs. For example, costs incurred on closing can include land transfer tax, appraisal fees, legal fees and disbursements, a portion of property taxes, utilities, new home warranties and so on. And recurring monthly expenses include mortgage payments, utilities, property taxes, maintenance fees, repairs, insurance and the like.

Henry Choo Chong, CGA provides professional accounting and taxation solutions for individuals, businesses and corporations. E-mail all questions to Money Matters: choochonghcga@yahoo.ca.

workology

Forty-three per cent of working moms would take a pay cut to spend more time with their kids, a CareerBuilder.com survey found — with 34 per cent of them stating they would be willing to give up 10 per cent or more. METRO NEWS SERVICES

Fair bands brains, business

Canada's youngest scientists show their stuff in Atlanta

By **RAFAEL BRUSILOW**
for Metro Ottawa

RAFAEL BRUSILOW/FOR METRO OTTAWA

Beth Ferreira, 16, from Winnipeg, Man., speaks to a reporter about her project. She showed how analysis of seal claws can be an indication of their level of exposure to mercury. She tied with three other world competitors for the second award of $1,500.

Desires to both learn about the world and work to change it for the better motivate 16 of Canada's brightest young minds.

Hailing from high schools across all parts of the country, the 16 teenaged finalists chosen to represent Canada at the Intel International Science and Engineering Fair beamed with excitement at a recent showcase event before heading off to the site of this year's 11th annual fair in Atlanta, GA.

"It's definitely been an experience of a lifetime," said Michael Peters, 16, from Victoria, B.C.

His invention is the definition of simplicity: a wheelchair that straps the user's legs into an array that keeps them in motion as the chair moves to prevent dangerous blood clots. Peters' grandmother suffered a stroke in 2002 so he built the chair with her legacy in mind. Peters designed his chair to be easily manufactured because he hopes it will go into real production.

"Often the best solutions to the most difficult problems are the simplest," Peters said.

Other finalists also had strong personal reasons for their research. Yale Michaels, a 16-year-old student from Winnipeg, Man., designed a way to better differentiate cancerous and non-cancerous cells in a person's body, in order to create a therapy that could target cancer cells in an early stage. His own grandmother died of cancer, causing Michaels to realize how prevalent the disease is.

> *« Often the best solutions to the most difficult problems are the simplest. »*
> Michael Peters

"Everyone knows someone who has been affected by cancer," Michaels said.

Doug Cooper, country manager for Intel Canada, says Intel sees the annual fair as a key lifeline for developing the kind of talent central to their own success.

"The skills we see represented here are fundamental to the viability of our business," Cooper said.

Science fairs aren't just a fun diversion for smart kids, Cooper says. Real, marketable inventions and technologies have resulted from them. Case in point: the insulin dispenser.

"This is university-grade science," he said.

Cooper suggests the biggest difference between science fairs 11 years ago and today is that the kids are much more prepared to take ownership of their intellectual properties.

Some are already thinking business: Peters has already started the patent process on his blood-clot-preventing wheelchair, while 16-year-old Roopa Suppiah from Deep River, Ont., greeted interviewers with her own business cards. Her project found an economically viable way to reduce the greenhouse gas effect by converting carbon dioxide from emissions into useful organic materials like ethanol.

The fair was held May 11-17 in Atlanta and 10 of the 16 Canadian teens placed in the top four award categories for their respective subject areas.

Seventeen-year-old Laurent Fradet from Sherbrooke, Que., who found a way to make bone cement safer, says the experience has opened his eyes.

"It's really a trigger that's brought me into science," Fradet said.

now that's variety

» Other projects included better solar panels to maximize energy collection, a way to use bacteria to regulate diseases like HIV and rheumatoid arthritis and even a new method for attaching horseshoes to horses' hooves without nails.

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corporate culture clash

» Recent graduates embarking on their careers may find there are some things college didn't prepare them for, a new Creative Group survey suggests. About four in 10 (42 per cent) advertising and marketing executives polled said acclimating to a firm's corporate culture poses the greatest challenge for professionals starting a new job in the creative field. Learning new business protocols ranked second, with 30 per cent of the response.

» Advertising and marketing executives were asked, "In your opinion, which of the following is the greatest challenge when a person is starting a new staff-level marketing/advertising job?" Their responses:

» Acclimating to the corporate culture, 42 per cent;

» Learning new business protocols, 30 per cent;

» Adapting to a new manager's style, 11 per cent;

» Gaining acceptance among current employees, 9 per cent;

» "It can be challenging for job seekers to assess a firm's culture and how well it aligns with their values and priorities," said Megan Slabinski, executive director of The Creative Group. "While good pay and benefits are attractive, nothing trumps a genuine sense of belonging."

» Slabinski noted that even those who are a good fit for a particular work environment may find it difficult to adapt to a new company's culture.

METRO NEWS SERVICES

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RAFAEL BRUSILOW/FOR METRO OTTAWA

Tiziana Casciaro, with the Rotman School of Management, talks during The Judy Project.

Helping women climb the ladder

Project aims to diversify senior management

By **RAFAEL BRUSILOW**
for Metro Ottawa

origins

» The Judy Project is named after Judy Elder, a powerful Canadian business leader and strong advocate for career women. Elder passed away in 2002 but Moorehead says her legacy of encouraging ambitious women to strive for success lives on.

Why are ambitious women often derided in corporate culture while ambitious men are celebrated?

That question and related ones are the focus of The Judy Project, a leadership forum that hopes to empower women to reach more senior levels of management in the Canadian corporate landscape. While no easy answers exist, the forum instead offers a wealth of strategies to ensure that women can overcome social, cultural and political barriers on their own.

« Role models are very important and the visibility of women leaders helps other women see they can be successful. »
Mary Kirby-Gall

Headed by the Rotman School of Management at the University of Toronto and celebrating its fifth year, the forum also hopes to help high-achieving women in leadership positions take their careers to the next level by offering practical advice, useful research and a place for successful women to mentor each other to greater success.

Colleen Moorehead, CEO of Nexient Learning and business co-ordinator for The Judy Project, says the goal of helping more women break through barriers to lead Canadian companies is a mission very close to her heart.

"It's very personal to me — I want to see more diversity at the senior levels of organizations and I want women to be effective and focused in their ambition," Moorehead said.

At The Judy Project's recent weeklong series of interactive seminars, a conference hall filled with many of Canada's most powerful women shared stories and took in research presented by guest speaker Tiziana Casciaro in the hopes of pinpointing some of the reasons why still so few women are able to reach the highest levels of management in the corporate world. Attendees included women leaders from some of Canada's largest organizations including Microsoft, Deloitte & Touche and Canada Post.

Among the topics discussed were differences in how men and women interweave personal and professional lives, the importance of familiarity and similarity in forging personal relations, and even the role played by likability in professional advancement.

For Mary Kirby-Gall, director of customer service for Canada Post, being able to connect with other successful women leaders was the best part of the experience.

"It's fascinating to be in a room with such interesting and exciting women. Role models are very important and the visibility of women leaders helps other women see they can be successful," Kirby-Gall said.

Kirby-Gall suggested forums like The Judy Project are also critical in reminding women that a successful career takes long-term planning as well as some risk-taking.

"You need to look forward if you're actually going to be successful. You have to be brave and take chances — you have to be courageous enough to do that," Kirby-Gall said.

"No matter where you are in an organization, you have the opportunity to be ambitious," Moorehead said.

Fitness nothing to sneeze at

Allergy sufferers need not forgo outdoor exercise

By **BRIAN TOWIE**
for Metro Ottawa

If you're the outdoorsy athletic type, it's the perfect time of year to head outside for some fresh air and exercise. But if you're also the allergic type, there's no worse season to do it.

Pollens, dust mites, moulds, animal dander, grasses, and rag weeds are among other substances ready and waiting to take your breath away this season, but that doesn't mean you should confine yourself to staying indoors. There are various ways you can enjoy the great outdoors and keep your allergic reactions to a minimum, experts say, and some of them are fairly simple.

"The message from allergists is don't suffer. Don't tough it out," says Dr. Susan Waserman, an allergist at McMaster University in Hamilton, Ont. "Allergy season is very long and it affects work, school and play. There's enough data now that says it can be a great interference."

Dr. Mark Greenwald of the Canadian Society of Allergy and Clinical Immunology says aside from treating your allergies with immunizing shots, dedicated exercisers can work out later in the day when cooling air currents drop and the pollens they carry are at their lowest counts.

Waserman says this may not be so ideal for today's high-powered nine-to-fiver, however.

"It's the classic advice we (allergists) give people, and we realize how impractical this is," says Waserman. "We don't want people to have to go to these dramatic measures in order for people to work out effectively. We'd like them to see their doctors and medicate."

You can also reduce your reactions based on your surroundings, and the activities you do. Beaches and concrete areas are better suited than forests or anywhere else with heavy vegetation, Waserman says.

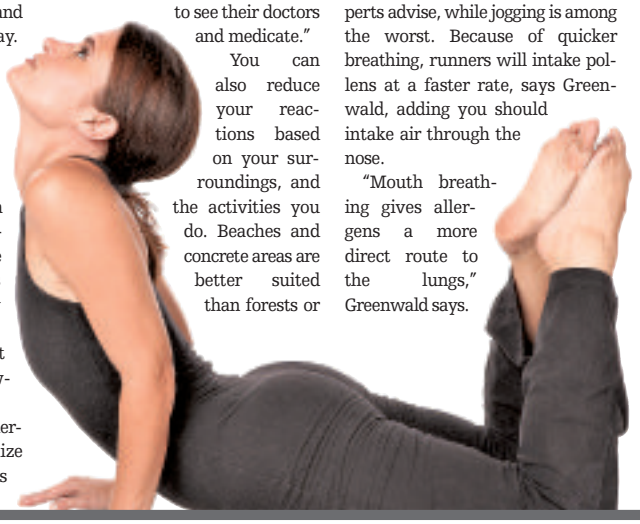
More "allergy-friendly" exercises include swimming and yoga, experts advise, while jogging is among the worst. Because of quicker breathing, runners will intake pollens at a faster rate, says Greenwald, adding you should intake air through the nose.

"Mouth breathing gives allergens a more direct route to the lungs," Greenwald says.

"The function of the nose, other than humidifying and warming the air, is a filter. If you eliminate the filter, a blocked nose for example, you're going to switch to mouth breathing earlier. We can get our lungs to react with spasms and inflammation."

But the best advice, allergists say, is to recognize and deal with the problem that causes reactions.

"Run a very sharp knife across the palm of your hand," says Greenwald. "How long did it take for the damage to occur? Not long. How long will it take you to get better? A lot longer. Same idea with allergies. The spasm is short, but it's the stuff going on inside you that's causing you to feel what you feel and it should be treated."



Yoga is considered to be an "allergy-friendly" exercise.

Alternatives to moo juice

alive

From the editors of alive magazine; alive.metro@alive.com

Drinking cows' milk can be a problem for those with lactose intolerance and/or dairy allergies.

Looking for an alternative to cows' milk? You're not alone: Many people today are facing this challenge. Drinking cows' milk is a problem for people with lactose intolerance and/or dairy allergies.

MILK ALLERGY

Commonly confused with lactose intolerance, a milk allergy involves the immune system, which fails to recognize the proteins in milk as safe, and instead treats them as foreign invaders — the same way the immune system treats bacteria and viruses.

The result is a release of inflammatory mediators, and an unhappy and unhealthy digestive tract. A milk allergy typically involves many parts of the body and can manifest itself as swelling, hives, rashes, nasal congestion, asthma, nausea, diarrhea, or gas.

MILK ALTERNATIVES

A quick visit to the local health food store offers a number of milk alternatives, such as soy, almond, rice, oat, potato, and coconut milk. These products do not contain casein, the main protein found in cows' milk.

LACTOSE INTOLERANCE

Lactose is a sugar in cows' milk that many people are unable to digest. Lactose intolerance is a condition in which the gastrointestinal tract contains insufficient lactase, the enzyme that digests lactose. Lactose intolerance exhibits symptoms such as lower intestinal cramping, bloating, gas, and diarrhea. Luckily, milk alternatives such as almond, rice, and soy beverages naturally contain no lactose.

SOY BENEFITS

Choosing soy as an alternative to cows' milk has other advantages: The phytoestrogens in soy milk are thought to slow bone loss; and the American Heart Association recommends that soy products be included in a healthy diet. Soy can also help reduce the risk of heart disease, lower cholesterol, and control glucose levels.

If you suffer from dairy allergies or lactose intolerance, there are many alternatives to cows' milk offered at your local health food store.

» For more, visit *alive.com*.

alive is Canada's award-winning natural health and wellness magazine. Every month alive focuses on traditional and holistic healing, beauty, environmental issues, nutrition, emotional well-being, and supplementation. Pick alive up for free at your natural health store. Visit alive.com for more.

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A Whiter Smile? It is Still Not Too Late!!!

Can you believe how fast we keep turning the pages on the calendar? May is almost over and that will bring us into those warm summer months. So let us bring on the summer smiles!

In recent columns, we have discussed how **teeth whitening treatments can help you get a brilliant smile.** And what would be a better time to dazzle people with your smile on your wedding day.

When **people** look at you, the things they **notice most are your eyes and your smile.** But on your wedding day, they will notice everything about you! They will notice your beautiful wedding gown! Your stunning hairstyle! Your make-up will, or course, look stunning.

People will notice all of those things about you, so it is understandable that you will want the very best of all of them for your wedding day. Just remember… no matter how many comments you receive about your wedding gown, **people will still keep coming back to your eyes and your smile.**

So why not invest in making that smile the most breathtaking it has ever been?

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Healthy Habits Lead to Healthy Lives
Dr. Wayne Perron
Dental Surgeon

Our ongoing program runs through to the month of June. When at least three bridal party members obtain a tooth whitening package at the regular cost, **the bride will receive the same treatment, absolutely free.** For the purposes of this offer, members of the bridal party can include the attendants of the bride or groom, parents of the bride or groom, or the groom himself.

The package includes a specific dental exam (at the full fee) to determine the best treatment plan. We believe it is very important to have this complete exam in order to realize the full benefit of the whitening treatment. Teeth whitening treatments do not benefit all people and the exam will determine if you are an ideal candidate.

There is still time to book your appointment. But don't delay. It won't be long and we will be turning the calendar one more page…into the month of June. And when the month of June ends, so does our **Brighter Smile Bridal Party Package!**

We look forward to seeing you as your day approaches and to helping make your smile one that your guests will not soon forget. Because we believe that beautiful smiles are a healthy habit…and healthy habits lead to healthy lives.

If you have an allergy to dust mites, wash your bedding in hot water once a week, and get a new pillow once a year or cover your pillow with dust mite proof cover.
ALLERGY ASTHMA INFORMATION ASSOCIATION

'Knowledge is power'

Be proactive to avoid reactions at spa: Expert

By **SANDY CAETANO**
for Metro Ottawa

Going to a spa and being pampered with a massage, facial, manicure or pedicure is a luxury many people love to indulge in. But when you have allergies to specific skin-care products, the idea of going to the spa might not be so relaxing.

Most allergy sufferers are aware of what causes their allergies, so if something used for one of the treatments at a spa could cause you to have a reaction, you should let the spa know prior to booking your appointment, says Gaye Sihin, assistant manager at Toronto's Elm Spa.

"To ensure comfort and ease for both service provider and spa guest, we encourage a proactive approach and sharing of information at time of booking," says Sihin. "As with most things, knowledge is power; the more information we have, the better. This will allow our spa care experts to prepare and make substitutions as necessary."

At all spas, guests are required to fill in a health history form, as regulated by the College of Massage Therapists of Ontario, before treatment. Spa care experts and registered massage therapists then conduct a verbal consultation to ensure guests know what to expect.

Some spas use products with natural ingredients but even still, reactions may occur. Mike Nasser, owner of Avalon Salon and Spa in Calgary, says his spa uses mostly water-based products so to avoid reactions.

"People with allergies would have to use something that's water based, so that includes anything you put on the face or anything you put in the water for pedicures," he says.

For those with severe nut allergies, avocado mud masks might also pose a danger.

"You have to read and get educated about the product carefully," Nasser says. "If you have a product you use at home, you could bring it with you and we'll use that instead."

Spas such as Fiorio carry a specific sensitive line that they use when people have allergies. But what happens if someone has a reaction during or following a treatment?

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How will it move you?
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RANDY QUAN/TORSTAR NEWS SERVICE

Avocado mud masks may pose a danger for those with nut allergies.

Sonia Marques, esthetician/manager, says that depending on the reactions, they are able to control it before it gets out of hand. Things such as cold compresses followed by an application of decongestant gel and soothing protection cream calms the skin and reduces redness and itchiness.

"If the allergy is within 24 hours, usually they have to go to their doctor or take some Benadryl to calm it down — it depends if it's asthma or hives," she says.

metro TOP 5IVE

Worst spots outdoors to have sex:

1. Close to poison ivy
2. On a red ant hill
3. In a canoe, below
4. On the edge of a cliff
5. In a Porta-Potty

— Kasia Iglinski/for Metro Ottawa

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is 6 weeks with a study follow up period of 6 weeks, and includes a physical exam, blood tests, and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 21-60 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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Build romance outdoors

DATING JUNGLE
KASIA IGLINSKI
datingjungle@metronews.ca

Seven out of 10 Canadians say they have had sex while camping, a recent survey suggests.

It may have been cold this long weekend, but many of us have found a perfect way to keep warm while still enjoying the great outdoors. Seven out of 10 Canadians say they have had sex while camping, suggests a survey of 700 people by Trojan Thintensity condoms, with women more likely than men to admit to enjoying our outdoor adventures.

For Stephanie Nairn, 25, getting wild in the wilderness isn't the primary agenda for pitching a tent and setting up camp, but it is a great way to connect with her partner.

"When you are camping it can be very intimate and romantic. It's good quality time with each other and that is what often leads to the sex," she says.

But if this past weekend didn't find you reconnecting with nature ... and your partner, remember camping season has only just begun.

Sarah Forbes-Roberts, co-owner of Come As You Are sex store, believes getting down and dirty in the great outdoors is a perfect way to spice up a relationship.

"People do get stuck in sexual ruts and (sex outside) creates that element of something new and exciting," says Forbes-Roberts. "Plus there is something to be said about having sex in the wilderness that feels deliciously risky."

Although it may be wise to pack some lube, condoms and maybe even a solar-powered vibrator for the sexually adventurous along with that sleeping bag and tent, Forbes-Roberts says the best summer memories are likely to be born out of spontaneity and picking the right moment.

"Try using what you have around you," suggests Forbes-Roberts. "Bring that air mattress out (of the tent) or try using some picnic tables to your advantage."

Just be mindful of splinters, mosquitoes and neighbouring campers — unless you want your sexual exploits posted on YouTube.

Kasia Iglinski is a journalist who enjoys her work and her dating life. Armed with a notepad and a curious mind, she's always on the prowl for a good story and a good date.

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entertainment

Actor Will Smith, left, is investing more than $1 million US in a new school near his Calabasas, Calif., home.
IMDB.COM

The Chronicles Of Narnia: Prince Caspian is No. 1 at the box office.

weekend box office

» Following are the top 10 films at the North American box office, according to studio estimates:
» **1. The Chronicles Of Narnia: Prince Caspian, $56.6 million US**
» 2. Iron Man, $31.2 million
» 3. What Happens In Vegas, $13.8 million
» 4. Speed Racer, $7.6 million
» 5. Baby Mama, $4.6 million
» 6. Made Of Honor, $4.5 million
» 7. Forgetting Sarah Marshall, $2.5 million
» 8. Harold & Kumar Escape From Guantanamo Bay, $1.8 million
» 9. The Forbidden Kingdom, $1 million
» 10. The Visitor, $687,000
REUTERS

Stunt stories

Movie veteran shares secrets from National Treasure 2

By **RICK MCGINNIS**
for Metro Ottawa

On a private road on the grounds of a palatial estate in Bedfordshire outside London, under the roaring flightpath of Luton airport, a group of professional stunt drivers are recreating a scene from National Treasure 2 for the edification of the international press. Groups of journalists are being rotated through the site, packed into a series of cars, and driven wildly down the road while a truck tosses beer kegs at them, in an attempt to duplicate a scene from the movie shot a year earlier in downtown London.

Overseeing it all is Graham Kelly, a 30-year movie stunt veteran who had the title "action vehicle supervisor" for the Disney film starring Nicolas Cage and Jon Voigt. The beard and wild hair, he explains, were grown in recently to double Anthony Hopkins in The Wolf Man, then in production in England. Four times today he'll stand just next to the country road with his walkie-talkie giving cues and anxiously watching his team of stunt drivers hurl journalists around the inside of specially-prepared cars while the beer kegs — actually made of fiberglass and foam rubber — rain down on them and bounce around the road.

"I sort of fell into it really," he recalls, looking back on how he ended up here. "A friend of mine, my best friend, his father was a stunt man. He naturally progressed into stunts and I went with him. Nowadays it's a much different kettle of fish, becoming a stunt man. They have very stringent rules. You have to have six qualifications up to a gold standard in things like martial arts, riding, diving, all these kind of things, before you're eligible to become a stunt man. You only ever get the best people."

The car chase that anchors the first half of National Treasure 2 is considered one of the biggest, and certainly the fastest, that's ever been filmed in central London. It took six weeks to shoot, with Kelly and his team rehearsing every collision and rollover on a course outside the city, and shooting at a breakneck pace over the weekends, when the business and tourist heart of London could be safely locked down and dressed up.

PHOTO COURTESY DISNEY

Stunt veteran Graham Kelly oversees a vehicle chase sequence.

"The thing about stunts," Kelly tells us, "is that the smallest stunt has to be done as properly as the biggest stunt, and it's the smallest stunt that'll get you hurt and not the biggest stunts, because there's so much preparation taken into high falls and fire jobs and car turnovers and that. I specialize in horses, and basically it's you, the horse and the ground, and it hurts a lot more than rolling a car. Horse boys have the hardest job in films, I think, and I am one, so of course I'll say that."

text tally

Average Idol voter casts 38 ballots

REALITY TV As American Idol reaches its climax, new data reveals that the average viewer weighing in on their favourite contestant voted 38 times via text message last month and that women vote far more than men.

And contrary to popular wisdom, that more than half those watching the talent show are viewers aged 35 and up, which may bode ill for heartthrob David Archuleta in his face-off against alt-rocker David Cook, 25, in the finale today.
REUTERS

Stage set for American Idol showdown

By **SANDY CAETANO**
for Metro Ottawa

The final American Idol showdown has finally arrived with the captivating rocker pitted against the all-American pretty boy.

But who will be crowned the seventh season's new king? Will it be 17-year-old David Archuleta from Murray, Utah? Or will 25-year-old David Cook's rock edge give him the upper hand?

Throughout the entire season viewers have learned a lot about both Archuleta, the singing sensation with the over involved stage dad and Cook the former bartender from Blue Springs, Mo. And both have equally powerful vocal ranges.

There's no doubt Archuleta would make a great pop star, after all this is the type of artist all the 16-year-old girls go gaga for. His sweet, sultry and cute look is what makes him so marketable. This aspiring young singer is best known for singing love songs, something he can nail without a hitch — of course, that is if he doesn't forget the lyrics.

Archuleta made that mistake earlier on this season, but was able to put the nerves behind him, and come back stronger than before. And though Archuleta is good at playing the balladeer, it does get kind of old. Archuleta needs to learn how to change things up a bit in order to keep people hooked — then again, why mess with a good thing?

Cook, on the other hand, keeps viewers on their toes from his interesting performances to his unbelievable vocals. Week to week, you never know what to expect in terms of his song choice and what he plans on doing to that song.

It doesn't matter what type of song Cook is given. Whether it's a tune you would hear today's kids bopping their heads to or something taken from the 70s, Cook keeps it fresh. A perfect example was what he did last week with The First Time Ever I Saw Your Face by Roberta Flack — he's a brilliant singer.

His ballsy risks of completely changing the arrangement of a song has worked for him thus far, and might help him win the title of American Idol this week.

Yet, although Cook is very talented, as we've seen in past seasons — like with Oscar winner Jennifer Hudson — talent doesn't always get you the win.

Not necessarily Treasure

National Treasure 2: Book of Secrets
Stars: Nicolas Cage
Distributor: Disney DVD
PG

Cranford
Stars: Judi Dench
Distributor: BBC DVD

By **RICK MCGINNIS**
for Metro Ottawa

DVD REVIEWS Disney's marrying of Indiana Jones with The Da Vinci Code will likely be seen as a telling symptom of the simmering paranoia that underlies this moment in history – not nearly as anxious or fearful as the post-Nixon '70s, but a sign that we can't even enjoy an action movie franchise without being reminded of our powerlessness, and the commonplace idea that knowledge is every day disappearing behind locked doors and into the realm of secretive cabals.

This is the only way of explaining how a farrago of sheer, giddy nonsense like National Treasure and its sequel, now on DVD, can assume such a mantle of unearned gravitas. Nicolas Cage is back as Ben Gates, the swashbuckling historian, on a quest to clear his family's name after one of his ancestors is implicated in the Lincoln assassination. With a passel of baddies led by Ed Harris at his heels, he has to find a mythical city of gold to restore his reputation, and ends up with the feds in on the chase after he briefly kidnaps the President to get a glimpse at the book in the title – a conspiracy scrapbook collected by the residents of the White House for their eyes only.

The book merits its own special feature in the packed bonus disc included with the film, during which we learn that most of the people involved in the production tacitly believe such a thing exists in some form.

Chalk it up to Disney's characteristic bloodlessness, but the book ends up playing as a hopeful, not sinister, artifact, probably because it implies that at least someone knows that someone knows the answers to history's questions.

In the same way, Harris and the film's baddies go from gun-wielding thugs roaring through crowded London streets in hurtling beer trucks to relatively benign pursuers who are easily disarmed and want nothing more than a credit in history's end titles.

The result is that the implications suggested by the film are a lot more dramatic than the actual story.

Stitched together from three novellas by the Victorian novelist Elizabeth Gaskell, the BBC miniseries Cranford delivers a rich, bubbling broth of star-studded melodrama set in a time when, thanks to the uncertainty of medical science, anyone can die at any time, and frequently do, to heartbreaking effect, at various junctures in the story.

It's fitting, then, that one of the central characters of the story is a young doctor (Simon Woods) who sets up practice in the sleepy English town that gives the series its name, a place that's a functional matriarchy ruled by a group of women ranging from formidable to ridiculous; his ability to control his fate in their midst is as doubtful as his facility in staving off death. With a cast that includes Judi Dench, Michael Gambon, Imelda Staunton, Eileen Atkins and the great Philip Glenister from Life On Mars, this 5-part series is never less than watchable, and is closer to riveting most of the time, especially when we've been conditioned to the fact that anyone, at any given time, can be carried off by a chill or the effects of an infection.

more online

» For reviews of Penn & Teller, The Night They Raided Minsky's and If It's Tuesday, It Must Be Belgium, visit *metronews.ca*

country music

Chesney wins but criticizes vote

Chesney

FAN VOTING Kenny Chesney won entertainer of the year for the fourth straight time at the the 43rd Annual Academy of Country Music Awards Sunday — but said that organizers had devalued the top prize by making it a "sweepstakes" up for vote on the Internet.

This year marked the first that the academy let fans choose the top entertainer award — and Chesney took issue with that move. "It's a complete disrespect of the artists. I think because of that it really diminishes the integrity of the work," he said. Chesney, whose fourth win tied him with Garth Brooks, was careful to say he wasn't criticizing fans. "It's not tainted in any way and and I'm proud to say I'm going down in the history books with Garth Brooks but you've got to admit, it's a different award," he said.

REUTERS

Gossip Girl meets hype machine

IDIOT BOX
RICK McGINNIS
rick.mcginnis@metronews.ca

THE LAST BIG THING: Last month, New York magazine put Gossip Girl on the cover, with a long piece full of slack-jawed, over-written prose inoculated with just enough sarcasm to evoke the you-were-there-at-the-cultural-ground-zero mood that the magazine's best features once did so well, back when they printed the cover story that became the basis for Saturday Night Fever.

The story, written by Jessica Pressler and Chris Rovzar, gets off to a breathless start with a group of bridge-and-tunnel teens on the prowl one Manhattan weekend, going into a frenzy by a sighting of Penn Badgely, who plays Dan Humphrey on the CW network show. "At first we cloaked our adoration in irony," Pressler and Rovzar write. "'It's awesomely bad,' we explained to friends. 'You know, like Showgirls. Or a Bloomin' Onion.'

"But before long we were covering the show pretty much exhaustively on the Daily Intelligencer, the blog we write on nymag.com."

First of all, I don't know what a Bloomin' Onion is either, but my alarm bells go off when I realize that I'm reading something written by people who write a blog that appears on the website of a print publication. These are the ambitious young freelancers who've lucked out and landed a contract gig doing the web-only content that the publishers and top editors don't really read — or even understand — but were told they need for credibility's sake to seem like they know what they're talking about when they discuss "future strategies" and "new media" with Marketing magazine. In the New York piece, we're told, for instance, that Gossip Girl is "the Greatest Teen Drama of All Time," that it's "changing the very model of a successful TV show," and that it "offers profound social commentary."

"The show mocks our superficial fantasies while satisfying them," writes Pressler and Rovzar, "allowing us to partake in the over-the-top pleasures of the irresponsible superrich without anxiety or guilt or moralizing. It's class warfare as blood sport."

Of course, if by "changing the model of a successful TV show" you mean getting mediocre ratings, then the revolution is now, according to a piece in last week's National Post, which quoted Rovzar admitting that the show is "overhyped."

"I don't mean that in quality," Rovzar said, "because obviously I love the show and I think it's a great time, but it is overhyped in terms of success. It's not a huge success at all ... It's a certain very internet-savvy group of people that are really really really excited about the show."

Ellen set to marry girlfriend

U.S. comedian and talk show host Ellen DeGeneres plans to marry her long-time partner, actress Portia de Rossi, after a California court ruling allowing gay marriage.

"I am announcing I am getting married," DeGeneres, 50, told the audience during the taping of the Ellen DeGeneres Show Thursday. The show was due to be broadcast Friday. To wild cheers and a standing ovation, DeGeneres said she was very excited at Thursday's ruling by the California Supreme Court overturning a state ban on gay marriage. "Thank you. I'll tell you who the lucky guy is soon," she joked.

DeGeneres did not mention de Rossi, 35, but pictures showed the former Ally McBeal actress in the audience, smiling and applauding.

REUTERS

Paula Brancati and Paul Peic.

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Degrassi actress turns to Philosophy

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MARCY CORNBLUM
entertainment@metronews.ca

Paula Brancati, actress, plays Jane on Degrassi: The Next Generation airing on CTV:

Q What products make you look and feel good?

A One of my favourite products is Philosophy's Vanilla Birthday Cake. It's a three-in-one shampoo, shower gel and bubble bath. It smells amazing!

Q Describe your style?

A My style is ever-changing. The key is looking classy and feeling comfortable.

Q How do you keep life in perspective?

A I surround myself with positive people. They keep me laughing and remind me not to sweat the small stuff.

Q What are your healthy eating habits?

A The biggest things for me personally include eating everything in moderation and drinking lots of water.

Paul Peic, co-host of The Big Flip II airing Saturday nights on HGTV:

Q What products make you look and feel good?

A Two of the products I use daily are St. Ives Apricot cleanser and Joico ICE Spiker Water-Resistant Styling Glue for my hair. This gel is the strongest product out there.

Q Describe your style?

A I try to keep up with fashion trends, but it has been difficult in the past year. We are at the job site every day and are usually covered in dust and dirt by the end of the day. I am most comfortable in my surf shorts and flip flops.

Q How do you stay fit?

A I try to get to the gym three times a week. I do not drink, smoke or do drugs. I maintain a healthy lifestyle by staying active. I enjoy all types of extreme sports.

Q What are your healthy eating habits?

A I try to eat as healthily as possible. I start my day off with a protein shake and drink water throughout the day.

Marcy Cornblum is a freelance journalist. She has developed up-close and personal relationships with celebrities including actors, musicians, television personalities and politicians.

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/20/08	265	353	2 TVO	Parks	Canadian Rivrs	The Agenda With Steve Paikin		Foyle's War "All Clear" (N)		RX for Survival		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Judgement Day" (HDTV) (Season Finale) (N)				Shark (N)		News (N)
	-	-	5 SRC	Squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (SC)		La Zone
	209	342	6 CHRO	Wheel-Fortune	Degrassi: Next	To Be Announced		Charlie's Angels: Full Throttle ★★ (2003, Action)				News (N)
	196	311	7 CTV	eTalk	Jeopardy! (N)	American Idol		Dancing With the Stars The winner is revealed.				News (N)
	208	303	8 CBC	TBA	NHL Hockey: Eastern Conference Final Game 6 -- Penguins at Flyers					CBC News: The National		The Hour
	-	360	9 NBC	Wheel-Fortune	Jeopardy! (N)	Outrageous	Outrageous	Law & Order: SVU		Law & Order: SVU		News (N)
	117	713	10 TVA	Les Anges de la rénovation		Histoires-filles	Caméra café	La Grande Évasion (HDTV)		Le TVA 22 heures (N) (SC)		Sucré-salé
	-	-	11 QS	Chemin du golf	Le Destin d'Audrey (2003, Drame) Jean Smart.				Sexy Cam	Journal du soir	(10:45) Cent dix pour cent	
	137	763	12 TFO	Panorama en direct		Ingrid Bétancourt		La Société du spectacle (1973)				Génie
	-	362	13 CBS	Dr. Phil		NCIS "Judgement Day" (HDTV) (Season Finale) (N)				Shark (N)		Two/Half Men
	216	395	14 OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	214	344	15 CITY	Friends	Hollywood	Reaper "Cancun" (N)		(9:02) Hell's Kitchen		Supernatural (HDTV)		News (N)
	115	343	16 CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18 CH	The Insider (N)	E! News	THS Investigates Spring Break Nightmares Dangerous.				Women's Murder Club		News (N)
	-	361	20 ABC	News (N)	Entertainment	Dancing With the Stars		Dancing With the Stars The winner is revealed.				News (N)
	512	396	24 CPAC	Tête-à-tête	Beyond Poli	À la une		Dossier public		Tête-à-tête	Beyond Poli	À la une
	651	355	25 CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36 FOX	TMZ (N)	Seinfeld	American Idol		(9:02) Hell's Kitchen		News (N)		News
	-	-	64 PBS	Business Rpt.	Beijing-Ready	Nova (HDTV) (N) (DVS)		Frontline (PA) (DVS)		James Stewart: A Wonderful Life		
	205	312	104 CTV	Hollywood	eTalk	American Idol		Dancing With the Stars The winner is revealed.				News (N)
news	502	390	26 NW	News (N)	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33 CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27 net	CHL Hockey MasterCard Memorial Cup -- Gatineau Olympiques vs. Spokane Chiefs. (Live)						Sportsnet Connected (Live)		Sportsnet Con.
	126	730	28 RDI	Dominique Poirier en direct		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
	400	280	30 TSN	That's Hockey	Interruption	NBA Basketball Eastern Conference Final Game 1 -- Teams TBA. (HDTV) (Live)						SportsCentre
	410	403	52 SCR	Score Update		Score Update		Score Update		Score Tonight		The Spin
	411	457	56 OLN	Exploration	Videos	Survivorman		Odyssey	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
	417	406	59 SC	Pinks	Pass Time	Am. Thunder	Am. Thunder	Street Tuner	Low Life	Super Bikes!	Super Bikes!	Pinks
family	554	544	48 TEL	George-Jungle	Road Runner	Scooby-Doo	Futurama	Tripping-Rift	Tripping-Rift	Robot Chicken	Robot Chicken	Tripping-Rift
	557	540	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Mon. Warriors	Futurama	Shadow Raider	Falcon Beach		Mystery Hnt.
cable variety	570	580	29 MM	mmmtop	Uncovered	Listed		Ringo Starr: Off the Record		Hogan Knows	Hogan Knows	Listed
	615	520	31 A&E	CSI: Miami (HDTV)		The First 48		The First 48		Gene Simmons	Gene Simmons	Gene Simmons
	628	584	32 SPKE	CSI: NY "Recycling"		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		84 Countdown
	521	560	34 TLC	The New Detectives		Dateline: Real Life Mysteries		48 Hours: Hard Evidence		48 Hours: Hard Evidence		Dateline Myst.
	145	761	35 TV5	Toute une histoire		Pékin express "Irkoutsk" La Sibérie.			Fourchette	La Star ce produit marketing		Journal TV5
	616	521	39 SHO	ReGenesis "Lethargica"		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY "Consequences"		House
	620	523	40 BVO	Bazart	Bravo!Videos	Cry-Baby ★★★ (1990, Musical Comedy)			Side-Dick Dale	Ben Harper-Rehearsal Hall		Law & Order
	520	505	42 DIS	Daily Planet (N)		How It's Made	How It's Made	Smash Lab Insulation.		Deadliest Catch (N)		Daily Planet
	575	583	43 CMT	Chevy Cross Canada		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	601	562	45 SLC	Women on Top	Til Debt-Part	Newlywed	Matchmaker	Superstar Hair Challenge (N)		Plastic-Perfect	Rocker Moms	Newlywed
	625	548	46 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv TATU.		Daily Show
	294	529	47 TBS	Family Guy	Family Guy	Cellular ★★ (2004, Suspense) Kim Basinger.				Frasier	Frasier	Seinfeld
	600	564	49 H&G	House Hunters	Buy Me	Designer Guys	Design Inc.	Colin and Justin on the Estate		Green Force	Outside	Colin & Justin
	627	528	50 SPC	Stargate SG-1		Star Trek: Voyager		Star Trek: Next Gener.		Hex "Life Goes On"		Stargate SG-1
	581	566	53 MTV	MTV e2	MTV Peaks '08	4REAL	Parent Control	Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
	618	524	54 TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55 HIS	NCIS "Hung Out to Dry"		Digging for the Truth		The Immortal Beaver		NCIS "Hung Out to Dry"		Crime Stories
	129	773	60 CD	Biographies (HDTV)		Les Richardson (HDTV)		Vidéo patrouille		Autopsie		Police de l'air
	261	394	61 V	Murder, She Wrote		'Allo, 'Allo!	On the Buses	Quantum Leap (Part 2 of 2)		Jozi-H "Fathers"		Mysterious
	602	567	62 W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked	Good Naked	Maxed Out
	269	350	70 APTN	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Reel Insights "Song Catchers"		Suaangan
	621	527	71 TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	This Is... Jon Bon Jovi		The Tonight Show-Jay Leno		eTalk
	603	561	95 FN	Boy Grill	Licence to Grill	Restaurant Makeover		Chef School	At the Table	Kitchen Nightmares		Restaurant

critics'corner

American Idol
The musical fortunes of past "American Idol" winners have been all over the map — superstardom for the likes of Carrie Underwood and Kelly Clarkson, subpar success for Ruben Studdard and Taylor Hicks. So it's anyone's guess how this year's winner — to be announced Wednesday after the final two perform tonight and the fans vote — will fare post-"Idol." One thing's for sure, though: Getting here is always fun. 8 PM on 36 FOX

Dancing With the Stars
Whose footwork is fanciest? Whose moves are smoothest? That is up to the viewers and the judges to decide, and their chosen couple is crowned on tonight's results show. Expect some eye-popping dance maneuvers as the result of all that training pays off for the winners in the season finale. Whether you're excited or not will depend upon whether your favorite is still in the running. 9 PM on 7 CTV 20 ABC

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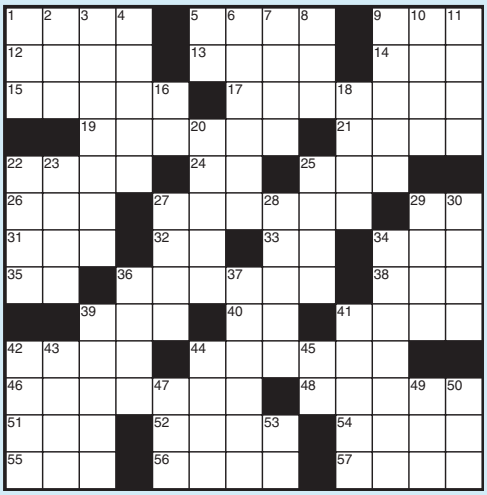

down

1 Old garment
2 Taunting cry
3 Thick fog (2 wds.)
4 Unoccupied
5 Gold Rush st.
6 Open-hearted
7 Comedian — King
8 Sinbad's transport
9 Class
10 "Free Willy" whale
11 Howls at the moon
16 Um's cousin
18 Excited
20 Coffee emanation
22 Jean Auel heroine
23 Fraud
25 Kids
27 Forest browsers
28 Wedding-cake layers
29 Bison feature
30 Rock-concert need
34 Tousling
36 Motives
37 Barbarian
39 Aphorism
41 Condor nest
42 In that case (2 wds.)
43 At hand
44 Cartoon shrieks
45 Western st.
47 Likewise
49 Environmental prefix
50 Trial VIPs
53 Attention getter

across

1 Lasso
5 Culture medium
9 Tar
12 Polite cough
13 About 2.2 lbs.
14 Epoch
15 Freak out (2 wds.)
17 Motel sign
19 Pull a muscle
21 Pate de foie —
22 Crow's-nest cry
24 TLC provider
25 Dactyl
26 Not me
27 Collar attachment (2 wds.)
29 Laugh syllable
31 Cozy seat
32 Guru's mantra
33 Check-cashing need
34 Shaggy flower
35 Hewing tool
36 Uses a loom
38 Referee
39 Happy sighs
40 Ozarks st.
41 Vipers
42 A famous 500
44 Follows upon
46 Made merry
48 Attempted
51 Give in the middle
52 Hunky-dory
54 Machu Picchu builder
55 Mineral deposit
56 Scandinavian city
57 "I" problems

previous answer

M	I	L		S	H	A	D		Z	E	A	L
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HOROSCOPE

ARIES | March 21-April 20
Being too sociable will cause delays. Nostalgia will force you to remember past loves. Insecurity will be worked with to create willpower.

TAURUS | April 21-May 21
People understand what you're going through. Look for a cloud's silver lining. An unusual reaction cannot be explained.

GEMINI | May 22-June 21
Your social life can get more exciting. Have some happy times when someone invites you out. Trust your own common sense.

CANCER | June 22-July 22
It's time to withstand an emotional shift. Try to take over a complicated matter. Difficulties will arise through a lack of trust.

LEO | July 23-Aug. 23
Don't sacrifice your ethics for material gain. People are gossiping about a recent ordeal. Anxiety attacks need more astute care.

VIRGO | Aug. 24-Sept. 22
Take a break with your quiet friends. Expect bad news to be followed by good. Listen to your inner feelings when people act strangely.

LIBRA | Sep. 23-Oct. 23
Don't lose faith in a loyal person. Interesting news will convey a solution to a problem. Don't reveal too much about your past.

SCORPIO | Oct. 24- Nov. 22
Minimize the impact of a woman's sarcasm. You'll get in the way of progress. A foolish escapade creates laughter.

SAGITTARIUS | Nov. 23- Dec. 21
Someone is released from an obsession. You'll get to take your turn at being funny. Send a note to express your concern.

CAPRICORN | Dec. 22-Jan. 20
A romance with a rude female will be infuriating. You will hesitate before implementing plans. Astonish others with cunning moves.

AQUARIUS | Jan. 21-Feb. 18
You're magnetic because your confidence has grown. Bring out your rowdiness. Someone takes advantage of a good chance.

PISCES | Feb. 19-Mar. 20
A gullible person will believe a lie. Do not let anything get the better of you. Don't let on if you get bored with a storyteller. AVATAR VENUS

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	4	7	2		5			6
	3	5						8
1			9					
4	7				8			
	2	6				4	3	
			7				8	1
					9			4
2						5	7	
7			4		2	1	6	

instructions

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	4	6	2	1	3	5	7	9
3	5	9	8	7	6	2	1	4
7	2	1	9	5	4	8	6	3
2	6	3	5	4	1	9	8	7
5	9	8	7	6	2	3	4	1
1	7	4	3	8	9	6	2	5
9	3	7	4	2	8	1	5	6
4	1	2	6	3	5	7	9	8
6	8	5	1	9	7	4	3	2

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Ottawa weather

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 15°	Partly cloudy. 4°	60% Showers. 11°/6°	60% Showers. 14°/7°	Variable. 17°/9°

The Weather Network theweathernetwork.com

Temperature
Normals
High: 20.3°
Low: 7.9°

Records
High: 32.2°/1975
Low: -1.1°/1956

Sunrise: 5:26 a.m.
Sunset: 8:32 p.m.
Moonset: 5:11 a.m.
Moonrise: 9:46 p.m.

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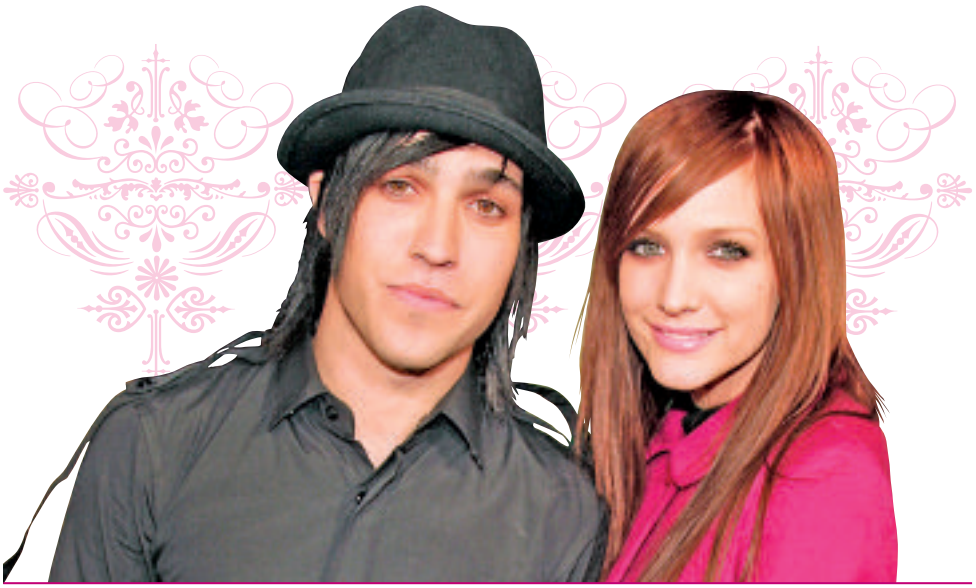
celebritybuzz



Pete, Ashlee marry

Singer Ashlee Simpson Saturday married her fiancé, rocker Pete Wentz, Reuters reports People magazine as saying.

Simpson's father hosted the wedding at his Encino, Calif., home, performing a nondenominational ceremony in front of about 150 guests, the magazine said on its website, quoting a representative of the couple.

"We're delighted to confirm that Pete Wentz and Ashlee Simpson were married this evening in front of family and close friends," said the spokesperson.

Simpson wore an ivory lace wedding gown by Monique Lhuillier and jewels by William Noble.

Wedding planner Mindy Weiss helped Simpson have her dream nuptials: An Alice In Wonderland-themed reception featured a wedding cake with a top hat, tea pot, stop watch and a pot of flowers on top. Black beauty roses made up the centrepieces, and guests were served Rose Veuve Clicquot champagne followed by a sit-down dinner and dancing to a deejay, reports People.

Celebrity guests included socialite Nicole Richie and singer Joel Madden, as well as actor Donald Faison with girlfriend CaCee Cobb.

Simpson had told People that she was never the type to dream about her wedding when she was growing up, but changed her tune once she got engaged. "I got really into it," Simpson said.

Simpson and Wentz announced their engagement in April and have been romantically linked since 2006. The marriage is the first for both.

Simpson, 23, released her third music album, Bittersweet World, in April. She is the younger sister of singer and actress Jessica Simpson, who acted as maid of honour at the wedding.

Wentz, 28, co-founded Fall Out Boy in 2001. The band has since built a loyal following with albums like its popular 2005 release, From Under The Cork Tree.

Metro News Services

Miley defends song

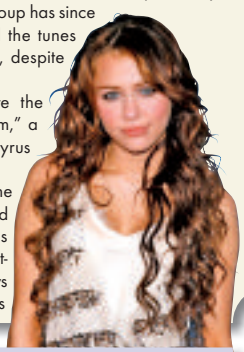
Singer/actress Miley Cyrus has hit back at accusations she ripped off a Los Angeles band's song because she doesn't write any of her own music, imdb.com reports.

Los Angeles band Lustra fired claims that Cyrus' song Rockstar is a carbon copy of their Scotty Doesn't Know tune.

Fans alerted the band – whose track appeared on the soundtrack to the 2004 movie Eurotrip – to Cyrus' song-similarities. The group has since reportedly determined the tunes are virtually the same, despite mismatching lyrics.

"She doesn't write the songs – she sings them," a spokesperson for Cyrus says.

According to The New York Post, the band "is considering various options to rectify this situation." Metro News Services



Brooke adopts girl

Grey's Anatomy actress Brooke Smith has adopted a baby girl from Ethiopia, People.com reports.

It is the second daughter for Smith, 40, who has a five-year-old daughter, Fanny, with her cinematographer husband Stephen Lubensky.

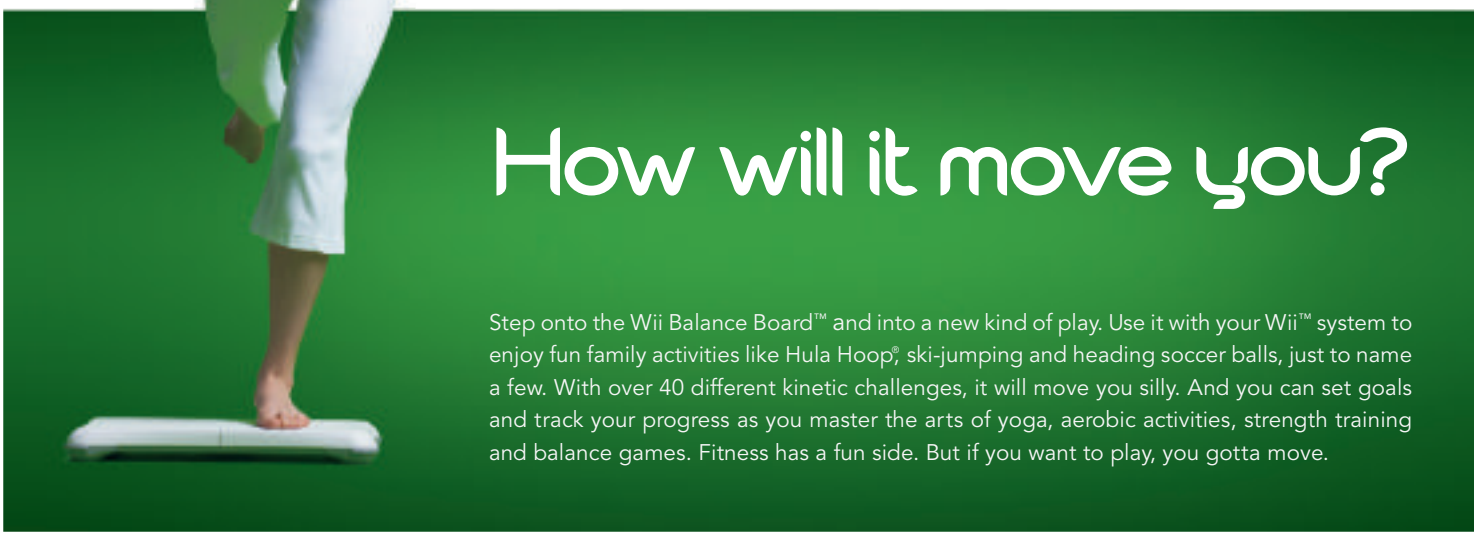
Smith, who is best known for her role in Silence Of The Lambs and now plays Dr. Erica Hahn on Grey's Anatomy, told People magazine in October that she and her husband were considering adopting.

"You know, why not?" Smith sad, adding that she and Lubensky have travelled to Africa several times, and filmed a documentary on conservationists in Zimbabwe together.

"We still might end up there some time," she said.

Metro News Services

Getty Images photos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Kate, Lance step out

Actress Kate Hudson is dating Lance Armstrong, reports say.

Hudson, who recently broke up with actor Owen Wilson, spent a romantic weekend with the seven-time Tour de France cycling champion at his home in Austin, Tex.

"Kate and Lance have been dating for a couple of weeks. She and Lance are both physical, passionate people – she's never been happier," said a source close to the couple.

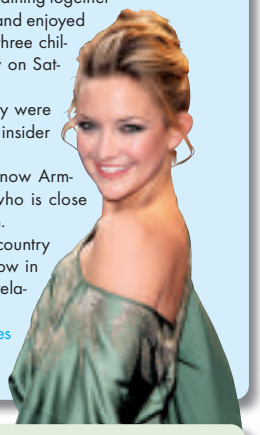
The pair were spotted dining together in Austin on Friday night, and enjoyed a meal with Armstrong's three children at a different eatery on Saturday.

"They looked like they were having fun," a restaurant insider said.

Hudson first got to know Armstrong through Wilson, who is close friends with the sportsman.

Armstrong split from country singer fiancée Sheryl Crow in 2007, after a three-year relationship.

Metro News Services



Diva Scarlett misses festival?

Scarlett Johansson never made it to the Cannes Film Festival premiere of her new movie on Saturday thanks to her excessive demands, Britain's Daily Mail newspaper reports.

The Vicky Cristina Barcelona star reportedly insisted on having her own $7,800 US-a-day make-up artist and a room at a hotel 48 kilometres outside of Cannes, while director Woody Allen and co-stars Penelope Cruz and Rebecca Hall stayed in the city in order to be close to the premiere, the New York Daily News reports.

The movie's studio reportedly balked at the demands and left Johansson, 23, behind in New York.

"Penelope and Rebecca were going to be working very hard and it wasn't acceptable that Scarlett would be having to come in from that distance every day, most likely turning up late and it would have thrown schedules into a lot of confusion," an executive connected with the film said.

The executive also said Allen, who has directed Johansson in three films, was "a little upset that she wasn't being a team player."

The film received a 10-minute standing ovation after the screening.

Metro News Services

Getty Images photos

Bosworth on thinness

Kate Bosworth is placing the blame for her once painfully bony figure on her breakup with Orlando Bloom, MSN Entertainment reports.

In an interview with Harper's Bazaar (via Australia's Daily Telegraph), she says the implosion of their romance after four years together left her so stressed out she had no appetite, resulting in her thin form and prompting headlines questioning her health.

"It was my first very difficult breakup with someone I loved deeply and no matter how much I ate, it didn't matter," says the actress, who began dating model James Rousseau not long after she and Bloom parted ways.

"I hold all my emotions in the pit of my stomach, so it became difficult to eat. I remember going to a nutritionist and asking, 'Do I have a parasite?' " Bosworth says.

Metro News Services

Colin sparks health fears

Actor Colin Farrell has ignited fears for his health after he appeared at a press conference looking gaunt, but he insists he's merely shedding weight for a film role, imdb.com reports.

Farrell, 31, shocked reporters when he showed up to promote his upcoming movie Triage – in which he plays a war reporter in 1990s Bosnia – during a trip to Spain.

"I lost weight because my role demanded it. It was all very healthy," he said.

Farrell did not elaborate as to how he lost the weight, instead quoting a line from the Scott Anderson novel on which the movie is based: "Once his beard was gone, he saw that his face had become drawn. He pressed at the hollows beneath his eyes, the pronounced nubs of his cheek bones."

Metro News Services

Jessica talks motherhood

Despite the fatigue pregnant Jessica Alba feels, she welcomes the fact her expectant state has calmed her down, People.com reports.

"At the end of the day I am so tired I can't function or speak and my eyes glaze over," Alba, 27, tells Fit Pregnancy magazine for its June/July issue, "but this pregnancy has seriously mellowed me out, which is nice. I've been going, going, going for so long, it feels nice not to take things so seriously."

And though she finds herself craving citrus, when it comes to what she'll allow as a mother, she says: "I don't want to be my child's best friend; I want to be a mom. But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line."

Metro News Services

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